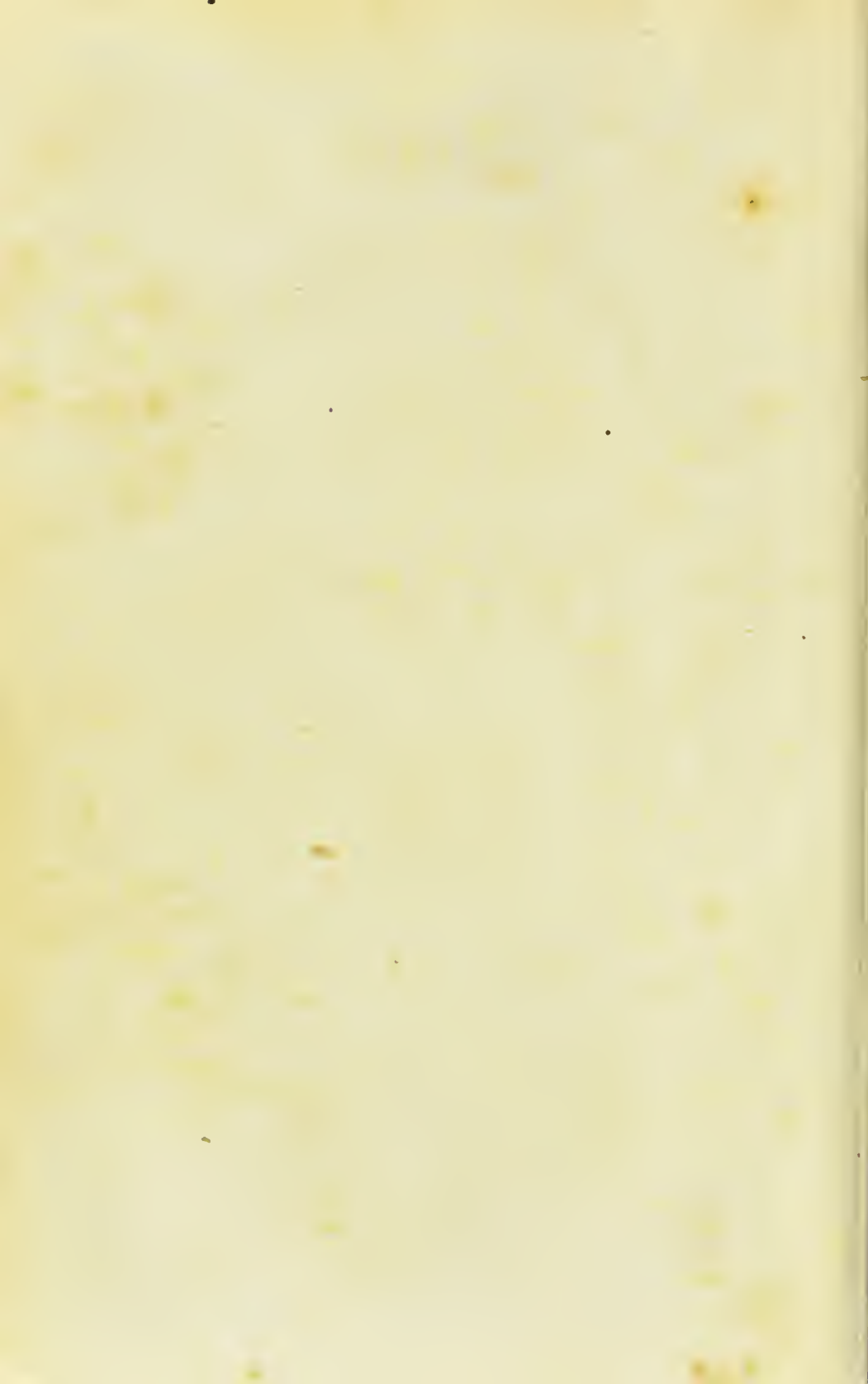


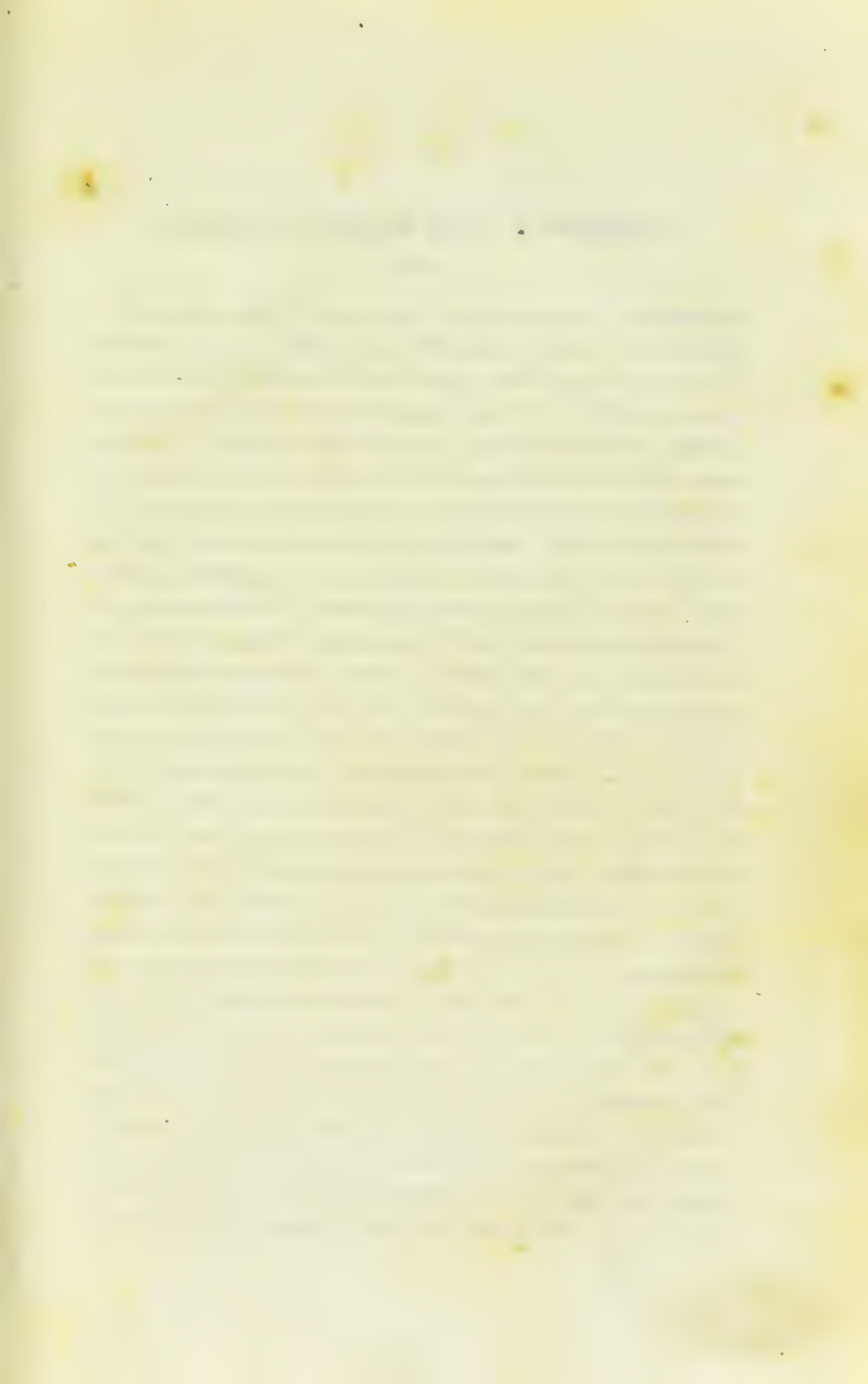
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## Extract from the British Journal of Homœopathy.

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It is quite refreshing to turn from the clumsy compilation of Dr. *N.*, to the original and forcible work of Dr. *Hering*. In the former, all is at second-hand, and the author seems to have no idea of the relative importance of the different statements he makes; in the latter, it is obvious that the greater part of the book is merely the directions and advice which the author, as a practitioner, has been long in the habit of giving, written down in plain language, and arranged with a methodic simplicity, indicative of a scientific mind. There is a certain homely gossiping manner about the book, that may at first give the impression of its being superficial; but a little more attentive perusal will convince the reader, that this is merely owing to the peculiarity of style which Dr. *Hering* has adopted; and, in reality, that it is a book deserving of attentive study, even by medical practitioners, as it is evidently the result of much patient observation, by an independent and accurate mind. What pleases us most about the book, is the sound common sense which pervades the whole of it. There is no narrow sectarianism in it. He seems to forget altogether that he is a homœopathic author; and to recollect only that he is to give advice to those in need of it. This leads him on many occasions to recommend appliances in domestic practice, which we presume he has not recourse to in his own treatment of similar cases. For example, in treating of croup, he recommends leeches to be applied, a practice certainly not necessary if the proper medicines be given, — but a practice which is as certainly not injurious, and which, in the uncertainty attending the choice of medicines in domestic practice, can do not great harm.

*Extract from the British Journal of Homœopathy.*

Do not let it be supposed from this, that either we or Dr. *Hering* recommend blood-letting generally in acute diseases; it is only in cases where we have no security for the administration of the proper remedy, that we would employ means inferior indeed, but still proved, by ample experience, to be highly beneficial; and let those homœopathists who scout the employment of the lancet at all times, and in all circumstances, remember that, by this zealot exclusiveness, they are really doing great injury to the cause they wish to advance, by occupying exactly the same position towards allopathy, as we accuse allopathists of assuming towards us, — that is, inveighing against a practice, as in itself mischievous or useless, which the experience of competent and dispassionate observers has decided to be beneficial. If we will not recognise the good of the old school, can we be surprised that it should treat our claims with indifference? . . . . .

We cannot but regard this book as a very great acquisition; and should be most unwilling to include it in the sweeping censure we felt it our duty to pronounce on domestic treatises generally. Besides, Dr. *Hering* has vindicated his claim to write a domestic treatise, by having graduated in authorship, by the publication of many admirable, strictly scientific papers, and having established his reputation as a successful practitioner, well entitled to give advice. His book derives its name from him; he does not seek a name from it. We heartily recommend this little work as a most useful and innocent family counsellor; and should not be surprised if in time, it became, both for this country and America, the homœopathic *Buchan*.



C. HERING'S  
**DOMESTIC PHYSICIAN.**

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FOURTH AMERICAN EDITION,  
revised, with Additions from the Author's Manuscript

OF THE  
SIXTH GERMAN EDITION.

THE PART RELATING TO THE  
**Diseases of Females and Children,**

BY  
WALTER WILLIAMSON, M. D.

PHILADELPHIA.

Published by *C. L. Rademacher*, 239 Arch St., 4th door below 7th St.

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*in the clerk's office of the eastern district of Pennsylvania.*



The medicine prepared by *C. L. Rademacher* and neatly put up in cases to suit this edition of the Domestic Physician are genuine, and altogether worthy of confidence.

*Philadelphia, March 1st 1848.*

C. HERING.  
W. WILLIAMSON.



## INTRODUCTION.

1922

This book is designed as a guide by the aid of which, a cure may be effected in many light cases of disease, with homœopathic medicines. It offers itself to those whom experience has convinced of the inestimable advantages of the new system of *Hahnemann*, with the familiarity of an old friend, and claims from those who have had no opportunity of testing its merits a candid consideration of its worth.

It is intended to be an adviser, to which parents may refer in most cases of indisposition in their families, and which will obviate the necessity of consulting a physician on every trifling occasion. To persons living in remote parts of the country, it will prove particularly valuable — as medical aid, especially at night, is procured not unfrequently with much trouble, expense and delay; but, with this guide at hand, relief can be obtained in most of the ordinary cases of disease.

As this work is intended for the great mass of the community, and to make the homœopathic doctrines intelligible and useful to all, the author has tried to express himself with distinctness and simplicity throughout, in order to be *generally* comprehended. All being subject to disease, the author has endeavored, in this common place, familiar style, to enable every one, to a certain extent, to prescribe for himself. But a familiarity with the contents of this book can make no one a homœopathic physician. True it has been said by the opponents of our doctrine, that an acquaintance with the old system of medicine was unnecessary. But this is a great error. No one can be a successful disciple of *Hahnemann* who is not

well versed as he himself was, in the learning of the medical schools, and it would be just as impossible for him to act judiciously without a knowledge of anatomy, physiology, pathology, surgery and materia medica, together with, chemistry and botany, as for a man ignorant of navigation and seamanship to carry a vessel with safety into port without a compass or a chart.

If in giving this work to the public the author can aid in driving from common use the so called domestic remedies, such as chamomile, catnep, hoarhound and other teas, paregoric, glaubers salts, magnesia, and the whole host of such like trash, some of which are to be found in almost every nursery; and the habitual use of which is such a prolific cause of the almost innumerable medical diseases met with, and which destroy the health and happiness of so many families; he will have accomplished the chief object of its publication, and have substitute for this irrational and pernicious practice one much more judicious and rational.

#### METHOD OF USE.

Examine the table of contents, there find under its appropriate head the proper remedy. The work is divided into two parts; the *first* treats of the most common causes of disease; the *second*, of diseases which occur most frequently in every day life. Therefore, when the cause of sickness is obvious, or probable, first examine what is said of it in Part I.; then see what is said of the *disease* in Part II. These are treated of in regular succession, commencing with the *head*, *neck*, *breast*, and so on downward, enumerating under each head the diseases to which that part is principally subject, and concluding with "*Some General Diseases.*"

By bearing this arrangement in mind, the reader will readily find what he may desire. Suppose a case of cold, attended with headache and diarrhœa; look first for "Colds", then for "Headache", then for "Diarrhœa." If a person is taken sick,

and the direct cause is not perceptible, but the patient complains of pains in various parts of the body, examine the affections to which these several parts are subject; thus you will readily find the remedy applicable.

When the patient is ill, and labours under several complaints at the same time, it is well to ascertain and note down all the symptoms, without referring to the book, lest he may imagine, as it sometimes happens, something different from what is really the case, and thereby lead to the application of an improper remedy. Having thus noted accurately the complaints of the patient, then inquire minutely into all the attending circumstances.

First. The precise locality of the pain.

Secondly. Require of the patient a description of the pain, and to what it may be compared — whether tearing, cutting, beating, throbbing, &c.

Thirdly. The occasion of its getting worse or better, according to the time of the day — morning, evening or night — to the weather, whether damp, cold or dry — to the position of the body, whether still or in motion — whether before or after eating — after sleep, when touched, pressed, &c.

Fourthly. Note the combination of symptoms (if any) for instance, when coughing is accompanied with headache; or headache with inclination to vomit; or with this inclination, shivering &c. Having written down these observations, look into the book for the principal symptoms and you may find the proper remedy.

Do not be discouraged because of difficulty in finding a suitable remedy, as these difficulties will vanish as you become familiar with the book.

---

## HOW TO USE THE MEDICINE.

It may be used either, by taking one or two globules; or dissolved in water.



First. For all common complaints, such as headache, toothache, bellyache, affections of the breast, &c.; or in more tedious cases, such as acute pains, foul stomach, sickness accompanied with violent vomiting, &c., *one or two globules* of the proper remedies should be administered.

Second. In all more dangerous cases, or in diseases of long standing, when much medicine has already been taken, and the system injured, and the globules do not answer — the appropriate remedies should be administered in water. For this purpose the glass must be very clean, and have contained nothing but milk or water, else you must rinse it out with cold then with hot water, dry and heat it on a stove as much as the glass will bear, and then suffer it to cool. The water you take should be as pure as possible, should contain no mineral particles, not hard, but so as to dissolve soap readily or let it remain covered for twenty-four hours, and then pour off from the top as much as you may want. Put two or three globules of the medicine to be used into the glass, pouring thereon from a half to a whole pint of water, mixing it effectually.

When thus prepared, a tablespoonful to adults and a teaspoonful to children must be given; in very violent cases, every hour, but in chronic complaints, or diseases of long standing, every morning. When the patient, after taking medicine, begins to feel better, however little, he should cease taking the medicine, because a healthful progress in the cure of the disease may be interfered with by taking too much of the remedy, but as soon as his convalescence ceases, he should begin to take some of the same medicine or an other appropriate one.

It not unfrequently happens that the medicine aggravates the symptoms, and makes the patient *temporarily* worse, which is nevertheless, a good sign. In such cases, the patient should cease to take any more, and wait for the effects of what he has taken. Should the aggravation be very violent,

let him smell of camphor, but not change the remedy. But should the beneficial effect of the medicine be interrupted, and cease altogether, the patient consequently growing worse, in consequence of taking cold, eating improper food, &c., he should take something to counteract the cause which occasioned this interruption, and then recur to the same medicine which had previously produced the favorable change. With regard to the external application of the tincture of Arn., Symph. and Hyperic. it is only necessary to put 1 or 2 drops of the remedy in a wineglass of water, and apply this, as often as mentioned under each particular case, to the injured part.

While taking homœopathic medicines, in order to effect a speedy and permanent cure, the strictest attention should be paid to the rules of diet mentioned under the following directions, else all may be in vain.

#### DIRECTIONS FOR THE REGIMEN OF THE SICK DURING HOMŒOPATHIC TREATMENT.

The needful dietetic observances during homœopathic treatment, are comprehended under the following general rule, viz: — The patient should abstain from the use of every thing of a medicinal nature, and should partake of light, digestible food to satisfy hunger, and of such drink as nature requires to allay thirst. According to this rule, the aliment may be classified under the following sub-divisions:

##### A. *Aliment allowed.*

1. In acute diseases the appetite is mostly impaired, and only the lightest and most simple kinds of nutriment are proper; but in these cases nature herself usually dictates the needful abstinence and the patient is allowed:

Pure water in preference to all other drinks; toast water, or water with the addition of sugar, raspberry or strawberry

syrup. Barley-water, rice-water, thin oatmeal gruel, panada, gum arabic water, whey, milk and water, preparations of arrow-root, sago and tapioca, without any other seasoning than a little salt or loaf sugar, or one of the syrups mentioned.

Most kinds of ripe succulent fruits possessing little or no acidity, fresh or prepared by cooking, and eaten in moderate quantities at a time; as grapes, melons, dried fruits, as figs, raisins, prunes, dried currants, apples, peaches, strawberries, raspberries, and sweet cherries; but no fruit whatever should be used in cases of colic or diarrhœa.

2. After the more violent symptoms of acute disease have subsided, and the appetite calls for more substantial food, or in most chronic diseases, a wider range may be taken in the choice of aliment, and in such cases the following articles in addition to those already enumerated are allowed, viz:

All kinds of light bread and biscuit not containing pot-ash, soda or other similar ingredients, and not too fresh; cakes composed of meal, eggs, sugar, and a little butter; buck-wheat cakes not raised with fermenting powders; light puddings and dumplings of wheat, Indian meal, rice, oatmeal or bread, without wines, spices, or rich sauces. Ho-many, Indian mush, rye mush, groats, pearl barley.

Potatoes, turnips, carrots, spinage, cabbage, cauliflower, tomatoes, asparagus, green or dried peas or beans; (but these vegetables should not be used in colic or diarrhœa).

Milk, not too recent from the cow, butter-milk, boiled with milk or water, pure plain chocolate, weak black tea.

Butter, free from any rancid or unusual taste, cream, mild cheese, curds and other simple preparations of milk, plain custards.

Raw or soft boiled eggs and egg tea, except in diarrhœa.

Soups and broths of animal and vegetable substances elsewhere permitted, seasoned with a little salt only; beef tea,

chicken water (the flesh being boiled at least for half an hour).

Chickens, pigeons, turkeys, venison, and wild game.

Beef, mutton, the lean part of ham, neats' tongues.

Fresh scale fish, oysters.

Salt, sugar, ice creams with the syrup of strawberries and that of other allowed fruits, and not flavored with aromatics.

*B. Aliment forbidden.*

Old smoked salt meat, veal, geese, ducks, the liver, heart, lungs, or tripe of animals.

Rancid butter, old strong cheese, lard, fat pork, turtles, ter-rapins.

Fish without scales, as catfish, and eels; lobsters, crabs, clams and soups prepared from them.

Coffee and green tea.

Food, prepared from blood, and much animal fat.

Veal cutlets; all kinds of sausages, particularly such as are smoked.

The flesh of all young animals.

All soups highly seasoned, sauces, drawn butter, pepper-pot.

Cakes prepared with much fat or aromatics.

All kinds of colored confectionary, pastry, honey. (Colored toys, if the colors be not fixed, are on all occasions to be withheld from children.)

Vinegar of all kinds, salads or cucumbers prepared with it; pickles.

Pickles prepared with spices, or greened with copper; cat-sup; parsnips; celery, horse-radish, garlic, raw, or pickled onions, all kinds of pepper, mustard, saffron, nutmeg, ginger, lemon or orange peel, vanilla, laurel-leaves, bitter almonds, peach kernels or peach leaves, cloves, cinnamom, allspice, fennel or aniseed, sage, thyme, spiced chocolate, radishes.



All kinds of distilled and fermented liquors, lemonade, and drinks prepared from acids.

All natural and artificial mineral waters.

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### N O T E S.

Should any of the allowed articles of diet disagree with the patient, on account of some constitutional peculiarity, or the nature of his disease, they should be avoided by him, though perfectly wholesome for others.

The patient should not overload his stomach, nor oppress it with various or incongruous dishes. The demands of the appetite for solids are to be satisfied at stated and not too frequent periods, and at no other time. Regularity in the time of eating is of importance.

The diet of children at the breast should not be changed during their sickness, but in such cases, that of the mother should be regulated according to the preceding rules.

With the view of guarding against every extraneous influence calculated to disturb the due effect of homœopathic remedies, every medicine ought to be avoided; not only all medicines procured at the shops, and all such as are empirical, but every description of domestic medicines, as all manner of herb teas, syrups, medicated poultices and irritating or medicinal substances applied to the skin.

Blood-letting by the lanced, or by leeches and cups, and laxative injections, except those of lukewarm water, are likewise forbidden.

All perfumery, particularly musk, hartshorn, camphor, baccioli, Cologne water, eau de Luce, or other aromatic waters, flowers used for their odor, cosmetics and tooth-powders must be avoided.

The cure is disturbed by hot baths, or baths impregnated with herbs, sulphur, and other medicaments.

Linen, cotton, silk or leather worn next the skin is preferable to woollens.

When the nature of the malady will permit, the patient should use moderate exercise in the open air, for an hour or more every day, and his chamber should be subjected to daily ventilation.

Other things being equal, a good moral regimen places the patient in the most favorable condition for recovery.

Labor which diverts the mind, while it exercises the body, should be daily used in chronic diseases, as far as the strength will permit.

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Homœopathic medicines should not be taken too soon after eating, and for about half an hour afterward the patient had better abstain from eating or the use of tobacco, and, if possible, from much mental or bodily exertion.

The medicines are to be kept free from odors, in a dry, and moderately warm place.

## LIST OF MEDICINES.

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Acidum nitricum.  
Aconitum napellus.  
Agaricus muscarius.  
Angustura vera.  
Antimonium crudum.  
Arnica montana.  
Arnica, tincture.  
Arsenicum album.  
Aurum metall.  
Belladonna.  
Bryonia alba.  
Calcarea carbonica. —  
Calendula officinalis.  
Calendula, tincture.  
Camphora. —  
Capsicum annum.  
Carbo vegetabilis. —  
Causticum.  
Chamomilla vulgaris.  
China officinalis.  
Cina. —  
Cocculus.  
Coffea cruda. —  
Colchicum autumnale.  
Colocyntis.  
Conium maculatum.  
Cuprum metallicum.  
Cyclamen europæum.  
Drosera rotundifolia.  
Dulcamara.  
Euphrasia officinalis.  
Ferrum metallicum.  
Graphites.  
Hepar sulphuris calcar.  
Hyoscyamus niger.  
Hypericum perforatum.  
Ignatia amara. —

Ipecacuanha.  
Kali carbonicum.  
Lachesis. —  
Lycopodium.  
Mercurius sublim. corros.  
Mercurius vivus.  
Natrium muriaticum. —  
Nux vomica.  
Opium.  
Petroleum.  
Phosphori acidum. —  
Phosphorus. —  
Platina.  
Pulsatilla.  
Rheum.  
Rhus toxicodendron.  
Ruta graveolens.  
Ruta, tincture.  
Sambucus nigra.  
Sanguinaria canad.  
Secale cornutum. —  
Senega.  
Sepia.  
Silicea. —  
Spigelia anthelmia.  
Spongia tosta. —  
Stannum. —  
Staphisagria.  
Stramonium.  
Sulphur. —  
Symphytum offic.  
Symphytum, tincture.  
Tartarus emeticus.  
Theridion.  
Urtica urens.  
Urtica urens, tincture.  
Veratrum album. —

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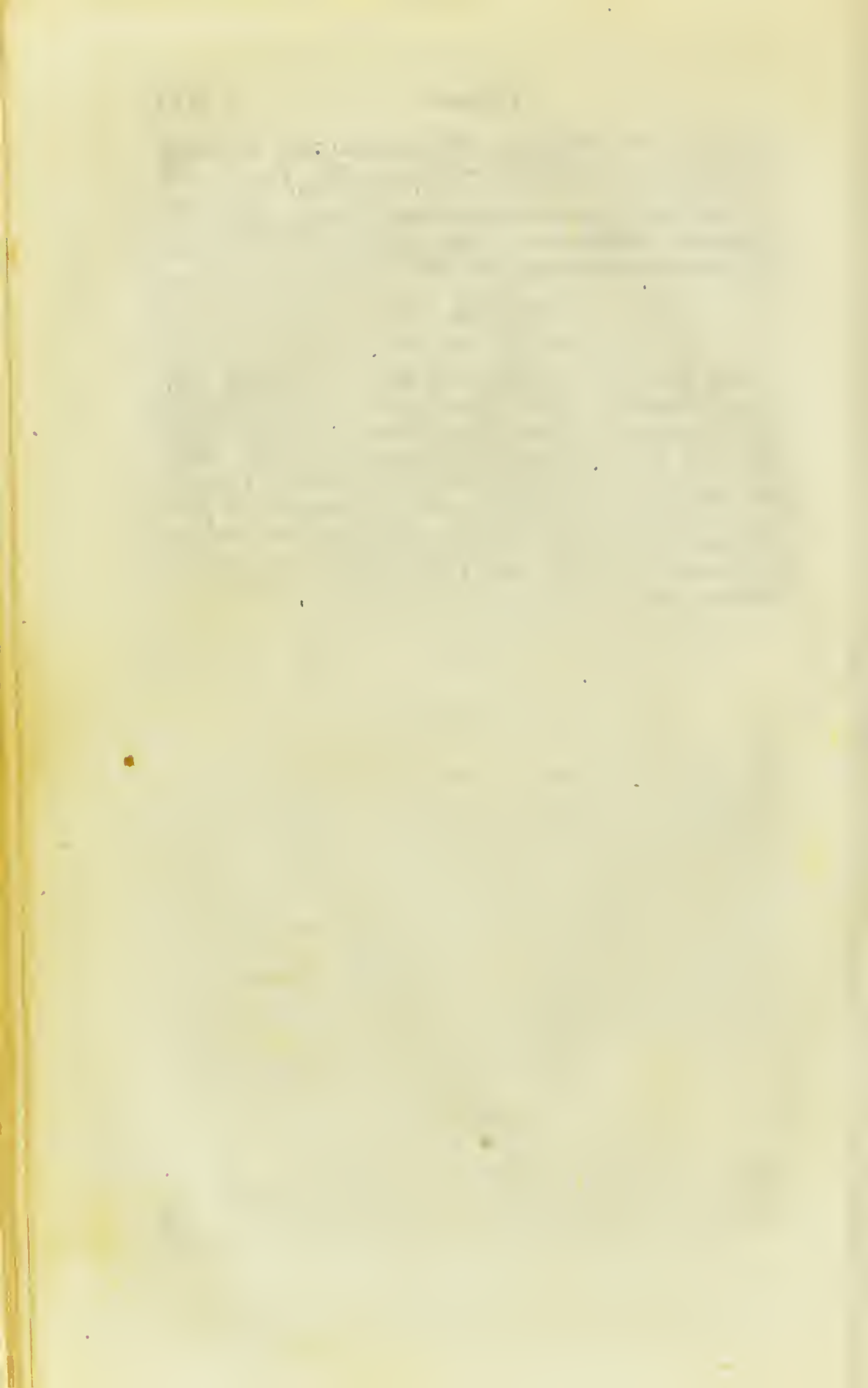
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# PART FIRST.

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## OF THE MOST COMMON CAUSES OF DISEASE.

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### CHAPTER I.

### AFFECTIONS OF THE MIND.

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#### SUDDEN EMOTIONS.

They are often attended with injurious consequences, which appear immediately or some time after. If the exciting cause is an agreeable surprise, producing pleasurable sensations, accompanied by great excitement, trembling, fainting, &c., an occurrence happening frequently to women and children, give Cof. If injurious consequences result from a common *fright*, caused by a sudden noise, etc., give Op., if it can be given immediately; but if there should a half hour or an hour have elapsed, Acon. is better. Should it, however, produce no effect, give Op. an hour after — then waiting from a half to a whole hour, give both alternately. If the *fright* was accompanied with great *terror*, Op. is the best remedy; and afterward, if required, those recommended under the caption of "*Fear*." But if the *fright* was accompanied by *vexation*, Acon. is a good remedy; if followed by *sadness* or *grief*, Ign. is better. If *fright* is attended by its worst consequences, pains in the forehead, sour vomiting or eructation, weakness and cold perspiration, or stupor with internal heat, agitation and heaviness in the abdomen, or coldness of the body, with trembling or nervous twitching, oppression of the chest, stiffness of the limbs, unnatural



sleep with difficulty of breathing, &c., give Op.; if this proves ineffectual, Acon., which may be repeated every three hours, if necessary. If the *fright* is followed by twitching of the limbs, or convulsions, insensibility, momentary blindness, difficulty of breathing, or unavoidable evacuations, give Op., or, if this should have no effect within half an hour, Ign. When children have been frightened into *fits*, scream, tremble, or have twitchings in the arms and legs—if the head is hot, with much perspiration and redness of the face, give Op.; if the desired effect is not produced, give Bell.; but if they become very pale, Ign.; if very cold, and have involuntary evacuations, give Verat. In cases of simple vomiting, or sickness of the stomach, Acon. For simple diarrhœa, caused by sudden mental emotion, give Op.; and if it returns, the patient being excited, Acon. If this proves ineffectual, give Verat. For fainting, after a fright, Op.; if the patient becomes cold, sprinkle his face and bathe his feet with cold water; if it returns, let him smell camphor at short intervals. When after a fright there is much determination of blood to the head, give first Op., if this fails, Acon., and if it returns within 6 or 8 hours, Bell. When after a *fright* a person continues to be greatly agitated, Bell. will afford relief.

If *fright* or *mortification* produces derangement of the mind, give Bell. If this proves insufficient, particularly if the patient is very indifferent, or low spirited, alternating with paroxysms of laughter, or displays much pride and contempt for others, or is agitated, and fears the approach of death—or when, with females, it is accompanied with a copious menstrual discharge, give Plat.; should the discharge, however, be trifling, give Puls. If Bell. has been previously given, and the patient remains much agitated, the least exertion producing trembling and rushing of the blood to the head, inability to sleep on account of frightful visions, is worse at night, cannot bear the heat of the bed, wishes to

escape, is quarrelsome, complains of his friends and all about him, give Merc. viv. *Fear* is not unfrequently combined with fright, and the same remedies may be used to which reference has been made under the foregoing head. When children are very timorous, give Acon. in the evening, or Bell. in the morning. For diarrhœa, caused by fear, give Verat.—and when the body feels hot and the limbs cold, Puls., when other symptoms appear, particularly stupefaction, difficulty of swallowing, convulsions, laughing when asleep, starting, constant apprehension and a desire to escape, give Hyos.

### GRIEF AND SORROW.

The consequences with which grief and sorrow are attended, are worse than those of other affections of the mind; they either follow soon, and are very sudden, or they become protracted and even dangerous, if these affections are of long continuance. The first may be soon removed—the latter not always—and without the proper moral remedy, medicines are useless. Whoever cannot find the former, need not expect relief from the latter. For silent inward grief combined with mortification, for suppressed vexation which we cannot quiet, for silent grief, caused by misplaced affections, or in consequence of losses which we cannot forget—for something continually preying upon the mind, give Ign., which, in many cases, may be repeated for a day or two. When vomiting, sickness of the stomach, or headache and giddiness are thereby produced, give also Ign.; and if this fails, Phosph. acid. When epilepsy is caused by grief or mortification, give Ign. first; if this does not relieve, give Op. during the attack, and then Phosph. acid.—to be repeated the day after every attack—or give it in water every day for a week. When caused by *crosses in love*, give Ign. first, and after some days, if necessary, Phosph. acid.—particularly when the patient is very quiet, taciturn, or has a slow fever. If the patient, by watching over the bed

of suffering for many nights, is much exhausted, give Phosph. acid. If his language is much confused, without connection—if he is jealous and violent, give Hyos. When other mortifications have produced a derangement of intellect, give Bell.; if this fails, on the following day give Phosph. acid. In circumstances spoken of under the head "*Fright*," Merc. viv. and Plat. may be given. When caused by *home-sickness*, and the patient cannot sleep—is hot and flushed in the face, give Hyos., and if this should not give sufficient relief within a few days, Caps. But if, nevertheless, the patient is evidently wasting away, does not wish to speak, perspires much in the morning, is sleepy and stupid, give Phosph. acid. When the patient is very weak, trembles, is uneasy, agitated, particularly during the night, has chills, and perspires during the night, give Merc. viv. For tedious consequences of grief and sorrow, when the patient is irritable, cross, uneasy, fearful, dejected, anticipating danger, dreads the future, frets and grieves constantly, is sleepy during the day, but cannot rest at night, perspires night and day, loses his hair, and his voice becomes feeble, give Staph. If he is contemptuous, refuses to speak, is feverish, and loses flesh, give Phosph. acid. If quarrelsome, obstinate, sensitive, and manifesting great anxiety, give Merc. viv. If the menstrual discharges are produced by grief, fright, anxiety or fear, varying much in quantity with other indispositions, give Plat.

#### VEXATION.

If grief or shame is the consequence of vexation, give Ign. If followed by coldness or chills, and the patient remains cross, give Bry.; should Bry. not suffice, give Nux vom. If the vexation is accompanied by just and violent indignation and abhorrence of the occurrence which induced it—if he rejects everything that is offered to him, give Staph.; but, in some cases, this medicine will answer only when taken with Coloc. alternately; the latter is even to be preferred, when



there are pains in the bowels, especially if they occur after meals, or are increased by taking food. Cham. generally answers best when the vexation is attended with violent fits of anger and great heat. If vexation produces cough, or palpitation of the heart, asthma, spasms in the chest, so that the patient is threatened with suffocation, give Cham. In this case it will be well also, to put the hands for a short time in cold water, and if this fails, to bathe the arms in warm water until he is better.

If vexation causes a bitter taste, retching and vomiting of bile, headache, oppression at the heart or stomach, a cutting pain in the bowels, diarrhœa, fever with heat and thirst, redness of the face and eyes, agitation, bilious fever or jaundice, give Cham., which may, in some cases, be repeated in six or twelve hours, according to circumstances. If the patient is rather cold and chilly, give Bry., and if it produces no effect in eight hours, give Verat.

If a person has drunk much chamomile tea, and has afterward been vexed, or if he has taken, improperly, chamomile tea for the fever, give Cof., and if this does not relieve, give Nux vom. If, after this, pains still remain, give Coloc. If the patient is naturally of a mild disposition, and Coloc. does not effect a perfect cure, give Puls.

When food or drink, taken immediately after vexation, produces bad taste, bitter eructations, vomiting of bile, pain in the bowels, heat of the head, uneasiness, disturbed sleep, &c., give Cham. once or twice; but if it recurs frequently, and this medicine loses its effect, give Puls., Nux vom., or Coloc.

#### ANGER.

When persons of violent temper feel unwell, after having been in a passion, give Nux vom. If the anger be attended by a just indignation, and the person is not of a sanguine temperament, give Staph.

If anger and vexation produce mental alienation, give Plat.



When little children get into so violent a rage as to lose their breath or fall into convulsions, give Cham. If they shriek and weep violently, with frequent attacks of coughing, give Arn. If they continue to cry and will not be pacified, give Bell., and if this does no good, Hep.; the latter medicines but once.

### SENSITIVENESS AND IRRITABILITY.

They are the causes of indisposition with many, who are sensibly affected by the most trifling emotion. If this great sensitiveness is combined with inward vexation, sleeplessness, great pain in the parts affected, so as to excite crying and suffuse the eyes with tears, at the most trifling and imaginary causes, give Cof. several times. The patient must, of course, abstain from drinking coffee. When there is great irritability of the nervous system, of the organs of sense, agitation, and inclination to lie down, aversion to fresh air, a stubborn and refractory disposition, and when the menstrual periods are irregular, give Nux vom.; but when the patient is tranquil, easily moved to tears, or when the menstrual period is too late with persons of this disposition, and is insufficient or suppressed, give Puls. If you do not always succeed with this, and the patient is fretful, give Ign.; if more peevish and passionate still, give Cham. If the patient is greatly excited, forms plans, and is exceedingly lively, particularly in the evening, give Chin. If the pain is distracting, give Cof.; if this does no good, and the patient has a fever and a quick hard pulse, give Acon., and if this fails to afford relief, give Cham. six hours afterward.

When persons become flighty or distracted, from excessive pain, and are subject to its recurrence from a change of weather, or catching cold, and are worse by being touched, give Chin. Should this prove ineffectual within six hours, give Merc. viv. If by the pain the affection of the mind is increased to delirium and madness, give Verat.

## CHAPTER II.

### CONSEQUENCES OF COLDS.

So many disorders are caused by taking cold, that we can say but little about them here. The most common results are catarrh and cough, sometimes accompanied by fever, colic and diarrhoea, pains in the teeth, ears and limbs. When giving medicine, it will be necessary to refer to the several accompanying symptoms. Here we shall only mention what is most requisite.

The first rule to be observed, to prevent bad effects from catching cold, is to keep warm, and see that your feet are dry; abstain from all spirituous liquors, which might easily aggravate the complaint; also from animal food and spices, if the cold is already very bad.

When you feel that you have caught cold, without any decided consequences having yet manifested themselves, take Acon., or in the evening Nux vom. Drink a large tumbler of cold water before going to bed, both winter and summer; cover yourself well and perspire. Either next morning, or before noon, the symptoms will have disappeared.

If children cannot be induced to drink water, or when you know from experience that it does not produce perspiration, let them drink milk and water, in equal quantities, with much sugar, and wery warm.

Cham. given to females in their confinement, will produce perspiration; if they complain of head-ache, especially on the right side, occasioned by a draught of cold air,—or of pain in the neck, in consequence of sitting up and being uncovered, give Bell.; if the pain extends to the shoulders, being partly brought on by holding the child, Rhus will answer; if the pain is more on the left side, throbbing and shooting, and affecting the lower jaw, the arms and the chest, Bry.

will afford relief; but if mostly confined to the temple, the eye, the upper jaw, or to the chest in the region of the heart, Spig.

Robust labouring men or women, who, after having overheated themselves, catch cold, may take in the evening, on going to bed, a glass of hot water and sugar, with which a small portion of brandy or rum is well mixed.

To a person, who, in winter, has become quite stiff with cold and wet, give a cup of strong coffee, without milk, and if this should prevent him from sleeping at night, Nux vom.

When perspiration has been checked by taking cold, and there is head-ache, ear-ache, tooth-ache, or pain in the bowels, give Cham.

When a person, perspiring freely, is made wet by a shower of rain, and indisposition follows, give Rhus. Should no relief be experienced within ten or twelve hours, particularly if the patient has over-exerted himself, give Bry.

When in the latter part of summer a sudden change takes place in the weather from hot to cold, and almost everybody complains of having taken cold, then Bell. will prove effectual.

If perspiration of the feet has been checked by taking cold or otherwise, put in a small tub some bran, heated in an oven, to the depth of three or four inches, place your feet upon it, and throw the remainder close about the legs, so as to cover them over the calves. The bran ought to be as hot as it can be borne. Keep the feet in this *bran bath* for half an hour, and if this does no good, take Sil. evening and morning, and if required, once more a week after.

### CATARRH.

When *Catarrh* results from a cold, and the patient can neither smell nor taste, give Puls.

When the catarrh is accompanied by much heat in the eyes and head, and soreness of the nose, give Bell. If the nose is entirely stopped up, Nux vom. or Ipec.



When a catarrh has been checked by taking cold, and the symptoms are aggravated in the afternoon, or the patient is dejected and fretful, give Puls.; if he is worse at night or towards morning, or very cross, sensitive and excited, Chin.; when an eruption has been checked, give Ipec. every two hours, and if that does not avail, give Bry. once or twice; if this does not relieve, give Puls.; when the recovery from catarrh has been impeded by a fresh cold, attended with pain over the eyes, worse on the right side, the face flushed, give Bell.; if the pain is worse on the left, the face looking pale, give Spig.

#### COUGH.

When catarrh is accompanied by cough, or when the cough remains after other medicines have been taken, and is dry, give Nux vom. If the cough is dry and excites vomiting, Ipec.; if it is hollow and causes vomiting, Carb. veg.; if with tough expectoration, particularly with children in winter, Cham.; if moist, Dulc. or Puls.; (see other medicines for cough;) if the cough returns at every blast of cold air, give Phosph. acid; if it returns every time that a foot or arm is exposed when in bed, and is hollow and weakening, give Hep.

When the cough is caused by cold air, is dry and convulsive, with vomiting, or the expectoration is spotted or streaked with blood, if accompanied by a stitch in the side, or by headache, pain under the ribs; if the cough is caused by a tickling in the throat, and the chest feels sore after it, and when the pulse is hard and quick, give Bry.; but when the pulse is not very hard, if there is soreness in the chest after or during the cough, not so much a pricking as a scalding pain, oppression of the chest and palpitation of the heart, give Carb. veg.

#### DIFFICULTY OF BREATHING.

When taking cold produces *difficulty of breathing*, as if the patient were suffocating, &c., give Ipec., if necessary,



every hour or half an hour. If this fails, give Ars. every hour until the patient is better. Sometimes the other remedies prescribed for oppression on the chest are preferable, especially Nux vom.

### DIARRHŒA.

When immediately after taking cold *diarrhœa* appears, give Op. If this does no good, or if the diarrhœa does not appear for a day or so after, and it is attended with pain in the bowels, or other symptoms, give Dulc.

If the diarrhœa is not attended with pain, and continues through the day, or commences in the afternoon, or if it is worse in the day-time and better at night, give Ferr., but if worse after midnight or towards morning, give Phosph. acid.; if it is produced by eating ice or drinking ice water, look under Part II., Chapter IV.

When diarrhœa is caused by taking cold whilst in perspiration, or by cold bathing, with much heat in the head, preceded by slight pain in the bowels, or if the pit of the stomach and the abdomen are sensitive to pressure, if the stools contain much undigested food, give Bry. If, partly caused by bad water, undigested food is discharged, and Bry. proves ineffectual, give Chin. When accompanied by much flatulence; cutting pains about the navel during the evacuation, much straining and great weakness at the same time, with discharges of mucus and sometimes blood, or if the patient has drunk spirituous liquors, give Nux vom. If there is much blood and mucus, give the remedies recommended for dysentery; if not so bad, but tedious, give Sulph.

### PAIN IN THE BOWELS.

If the pain in the bowels is violent, spasmodic, pressing, particularly before evacuations, if the latter are acrid, thin, brownish, and produce burning in the rectum, give Chin.

If the pain in the bowels is violent, tearing, twitching, and as if the intestines were in motion, so that the patient cannot

remain quiet, but runs about; if it appears to the sufferer, as if a large ball were forming in the side, or as if the whole abdomen were hollow, accompanied by vomiting and sickness at the stomach, the diarrhœa watery, slimy, or greenish, with an odor like bad eggs, give Cham.

If the cold is caused by exposure to the evening air, and the diarrhœa is greenish and watery, with much pressure before the discharge, accompanied by a disposition to faint, the pains about the navel of a pressing nature, below the navel griping, with a constant uneasy sensation as if to evacuate, rumbling in the belly, griping in the pit of the stomach, tearing pains in the abdomen, which feels cold, accompanied by nausea; shivering and chills, give Merc. viv.

If partly caused by a disordered stomach; if the patient has eaten much pork, or rich pastry and the like, if the griping of the bowels is worse in the afternoon, or particularly in the evening, or during the night, if the wind rolls about in the stomach, or if the belly is sensitive to pressure, give Puls. The same to females in the family way, when the pains resemble labour pains.

When taking cold produces pains and disposition to cry, great sensitiveness and sleeplessness, give Cof.

When the pains are so violent as to drive the patient almost mad, give Cham.

### HEADACHE.

For violent headache from cold, with determination of the blood towards the head, increased by walking or going up stairs, at every step, or in stooping; worse in the draught, with a feeling as if the head would be dissevered, give Bell. If the headache is more painful in some particular part than others, with buzzing in the ears, or difficulty of hearing, give Dulc.

If the headache is caused by a draught of air, and is merely external, give Nux vom.; if internal, give Bell.; if caused

by bathing, and Bell. does not cure it, if accompanied by nausea and giddiness, disordered stomach, worse when smoking tobacco, give Ant. crud.

### AFFECTIONS OF THE EYES.

Affections of the eyes, caused by taking cold, may best be cured by the remedies recommended for "diseases of the eyes." In general Dule. will answer. For much pain, heat, inflammation in the eyes, arid tears and inability to bear the light, give Bell., and if this does not cure it, Mere. viv.; if this fails, Hep.

When the pains are less violent, but the difficulty of sight greater, if the patient cannot read, sees sparks before the eyes, or when the eyes are affected after every cold, give Dule., and afterwards Sulph. If this fails, or if the patient has taken it already, give Calc.

### COMPLAINTS OF THE EAR.

They arise frequently from taking cold. If there is much buzzing in the ears and a difficulty of hearing, give Dule., and some weeks after, if it returns and the medicine is no longer efficacious, give Sulph.

If accompanied by violent ear-ache, tearing externally, stinging internally, the ear dry, and the patient is peevish, give Cham., or when there are rending, stinging, aching pains, give Nux vom.; when the mind is more easy, a disposition to cry, the ear moist or running, or very hot and red, and tearing, twitching pains sometimes in the face, give Puls.; or when it tears and stings, with much buzzing, when it is not so hot and red, but is excoriated by matter, or when blood is discharged, when the glands around the ears or of the throat are swelled, give Merc. viv., and if that should not effect a complete cure, and the heat, redness and pulsating pain remain, pricking when blowing the nose, buzzing and throbbing, give Hep. once. If the discharge of matter, the buzzing and burning in the ears still remain, give Sulph.

**TOOTH-ACHE.**

Toothache from cold, usually yields to Cham. or Rhus. See the chapter on "Toothache," Part II. If these remedies however should not relieve, give Dulc. But if the patient is subject to the toothache whenever he takes cold, he should take a dose of China, and afterwards Sulph., not oftener, however, than once a week.

**SORE THROAT.**

Affections of the throat from cold, will in most cases yield to Bell. or Dulc., but it is necessary to have patience, and await the effect of the medicine. See Part II. Chapter 6.

When it arises from drinking cold water, or from exposure of the throat, Bell. is better; when the cold is general, give Dulc. When the throat is constantly dry and hot, with frequent efforts at swallowing, much saliva in the mouth, or the tonsils are swollen, and speaking and swallowing are attended with shooting pains; if the patient hawks much, the swallowing difficult, is in dread of suffocation, the throat seeming too narrow, regurgitates what he drinks, through the nose, is very hasty, give Bell., and if this affords no relief, give Sulph. When the pains are less violent, the tongue appears paralyzed, much perspiration, sometimes offensive, without giving any relief, the patient is more quarrelsome, give Dulc.; if this fails, give Merc. viv., or one of the other remedies prescribed under "Sore Throat."

**NAUSEA AND VOMITING.**

When these symptoms appear after a cold, particularly when a rash or other eruptions of the skin have been suppressed, they are most readily cured by Ipec. It may be given, if necessary, every hour, or every two or three hours. If this does not answer, and the vomiting is sour, bitter, with many empty eructations, give Bell.; if nothing but tough phlegm is thrown up, Dulc. If it returns constantly, particularly after exercise, eating, speaking, or when riding, or



after sleep, give Cocc. If it returns from every motion of the body, and the patient is, notwithstanding, unable to keep quiet, is very weak, thirsty, and cannot bear drinking, give Ars. See Chap. 4, towards the end.

### RHEUMATIC PAINS.

When such pains result from cold, and the parts affected feel uneasy, so as to require constant change of position, every thing feeling as if too hard to rest upon, and the limbs as if benumbed, strained, the patient apt to complain, even, when a person is walking across the room, or is approaching him, give Arn. But if the pains are attended with fever, give Acon. every three hours until the fever abates, and then, after several hours, give Arn. In many cases it will be well to give Arn. and Acon. alternately, regulating the length of the intervals by the increase or decrease of the symptoms. Should they not remedy the evil, refer to what is said under "Rheumatism." P. II. Chap. 14.

If the rheumatic pains are worse when lying down, and at night, accompanied by lameness or coldness of the limbs, with pale swelling or burning in the feet, or with redness and swelling of the big toe, with a stiff neck, the skin very dry, or offensive perspiration, which affords no relief, give Dulc.; and if this no longer affords relief, Merc. viv.

When the same symptoms return after every cold, with the uneasiness at the approach of other persons, or when attempting to swallow; when it is worse while sitting or lying, but better when walking up and down, with swelling in the big toe, much rending, burning and throbbing in the same, give Phosph. acid.

If accompanied by swelling of the knees, lumps on the joints of the hands and fingers, give Sulph., and if that does not answer, Calc.

When a cold is succeeded by fever, give Acon. If, after two or three doses, the fever still increases, select one of the

following medicines, recommended for fevers, unless some other should, from the symptoms, appear more suitable: Nux vom. or Cham.; Bell. or Dulc.; Ign. or Puls.

In general, the following medicines answer best in complaints from cold: in acute and inflammatory, Cof., Acon., Cham., Nux vom., Puls., Bell., Coloc. When less painful, Dulc. and Ipec. When tedious and often returning, and the patient has formerly taken too much mercury, Carb. veg., Sulph., Chin. If these do not relieve, give Sil. or Hep. When these affections result from bathing, Ant. crud. or Sulph., and after a few weeks, Carb. veg. or Calc. When the patient cannot perspire, Cham. or China, Ars. or Sil. When the perspiration is too copious, Merc. viv., Phosph. acid., Carb. veg., Sulph., Hep. or Sep.

When a person is very *subject to colds*, he should abstain from coffee and all spirituous liquors; use more cold drinks than warm; wash himself frequently in cold water, and accustom himself more and more to the air in every kind of weather; this custom will gradually diminish the disposition to take cold, and finally remove it entirely, particularly if the patient takes some of the following medicines: Cof., Bell., Nux vom., Chin., Dulc.; or Sil., Carb. veg., Calc. The latter three must not be taken too frequently, but only at long intervals.

If, notwithstanding, the disposition continues, and the patient is chilled by every draught of cold air, let him take Nux vom. or Cham. If cold produces pain, give Ars. When the extremities are liable to be frost-bitten, and the patient is not taking any other medicine at the time, let him, before he goes out into the cold, rub himself with spirit of camphor; if he has already chilblains, let him take the remedies prescribed under "Chilblains;" if every blast of cold air makes him unwell, give Bry. or Rhus, Verat. or Merc. viv., and if they do not answer, Carb. veg. or Calc., according to circumstances.

If he cannot bear the wind, Carb. veg.; if not the draught, Bell., Sulph., Sil. or Calc., one after the other, at intervals of five or six weeks. When the night air only is injurious, Merc. viv. will prove beneficial, and after some time, Sulph.; if this fails, Carb. veg. If a person feels ill in damp weather, give Dulc., Rhus, or Verat., and later Carb. veg. or Calc. If it affects the chest, Dulc. or Carb. veg.

A person who feels affected by a thunder-storm, should take Bry., and afterwards Sil., during the storm. Sulph. is also recommended. If every change of the weather aggravates the complaint, give first Merc. viv., or Rheum, or Rhus; and if this does not suffice, Sulph., and later Sil. When a change from warm to cold occurs, Dulc. or Rhus; and from cold to warm, Carb. veg. or Lach.

For colds in the spring, the most general remedies are, Verat., Rhus and Carb. veg.; in summer, Bell., Bry. and Carb. veg.; in autumn, Verat., Merc. viv. or Rhus; in winter, during dry weather, Acon. or Bell., Bry., Nux vom., Cham. or Sulph.; sometimes Ipec.; but during damp weather, Dulc. Verat. or Carb. veg. It is, however, necessary to examine closely, under the heads of the different complaints, which remedy is most suitable, as these general remarks are merely intended to guide the patient to which remedy to give the preference in doubtful cases.

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### CHAPTER III.

#### CONSEQUENCES OF OVERHEATING, IMMODERATE EXERTION, AND GREAT EXHAUSTION.

After immoderate exertion, great relief will be felt from taking a warm bath for half an hour. If the limbs are very painful, rub them, whilst in the bath, with spirits of soap, which will remove the pain and burning.

## OVERHEATING.

When you have overheated yourself with work in summer, it is well to take a few drops of rum or brandy on sugar, or a small quantity of strong, fiery wine, and refrain from drinking cold water till some time has elapsed. If you are much fatigued, it is advisable to take a cup of weak green tea; if much fatigued in cold weather, and if you have to go out again in the open air, drink cold water or beer; but if you can remain at home, drink warm mulled beer. Spirituous liquors, when taken in cold weather, only render persons more sensitive to cold, as they will produce a feeling of exhaustion the next day.

If a person is easily exhausted in warm weather, let him drink coffee occasionally, but no spirits.

When a person, by remaining long in the cold, has brought upon himself a torpid feeling, or an irresistible propensity to sleep, let him take, or frequently smell, a small piece of camphor.

## SUNSTROKES.

When a person has exposed his bare head or neck to the rays of the sun, or has slept where the sun has shone upon him, give immediately Acon., repeating the dose every fifteen minutes till the patient is better, then give Bell. or Nux vom.

## HEADACHE.

In cases, of severe *Headache* from heat, accompanied by fullness, as if the head would split, worse when stooping, a feeling about the forehead as if the brain were pressing out, increased when walking, and worse from every slight affection of the mind, combined with hot fever, thirst, vomiting and sleeplessness, give Bell. or Bry. If combined with anxiety, uneasiness, rage or great irritation, despondency, fear of things present, lamentation, weeping, &c., give Bell.

When the sick person is very peevish in the morning, cannot bear his clothes, is more passionate and cross than



plaintive and desponding, and apprehensive of future evil, give Bry.

When a person overheats himself, and then suffers from headache, particularly from heaviness and throbbing, pressure over the eyes and pains in the eyes from looking fixedly at any thing, give Carb. veg.

When headache is caused by heat or great exertion, while exposed to the sun in summer, or by getting too warm before the fire, or by ironing; when the head feels too full, there exists a want of appetite, particularly in the morning, much thirst, fever, trembling, nausea and vomiting, or diarrhœa, give Bry.

### DIARRHŒA.

If diarrhœa and fever are caused by excessive heat in summer, and especially, if drinking milk occasions colicky pains, they soon yield to Bry., which may be repeated after twelve hours. To a person who cannot bear the heat of summer, or can not work in the heat, particularly when troubled with nocturnal perspiration, who is very sleepy, or suffers from pain in the stomach and abdomen, and where Bry. did not answer, give Ant. crud. If mere nausea is caused by the heat, and the prescribed remedies do not afford permanent relief, and it constantly returns, give Sil.

The *fatigue* after walking a great distance, or after much labour, particularly in summer, is frequently so great, that rest does not relieve, but on the contrary, seems to increase it. If possible, let the sufferer take a warm bath; if it is impracticable, let him put his feet into warm water, in which a handful of salt has been thrown. If this does not relieve him, give Cof. A cup of good green tea weak, is here the best remedy. Should fatigue produce a sensation of faintness, or actual fainting, give Verat. If, during great exertion, he has not eaten, give Cof. If the patient has perspired too much and feels weak in consequence, or had been weak be-

fore, or perspired much during the night, give Chin. If there are symptoms of internal heat, such as a hot breath, a quick pulse, give Acon., and if this has no effect Bry. If accelerated circulation continues for several days, and every exertion produces a tendency of the blood to the head or chest, or the face looking flushed, give Merc. viv. If he merely feels soreness in all the limbs, particularly in the muscles, Arn. is the best curative.

If the feet are much swollen, or pain from walking, take Arn., or wash the feet in water in which some Arn. tinct. has been diluted.

If the limbs feel painful after carrying or lifting something heavy, particularly on moving them, or when at rest, give Rhus; or, especially, when there are shooting pains in the small of the back, when moving, Bry.; but if it is almost impossible to move the back, on account of excessive pains, give Sulph. See the remedies for "Overlifting" Part I. Chapter 8.

If a person, who is otherwise in good health, feels tired after the least exertion, even from talking, give Cocc., and if this does not answer, Verat. twice; if this fails also, give Cale.

When walking briskly causes loss of breath, or coughing, pain in the side or limbs, give Acon., if the pain in the side continues, Arn., and if this does not afford any relief in 12 hours, give Bry.

If the shortness of breathing continues, or becomes worse by ascending the staircase, attended with coughing and raising of phlegm, give Sil.

#### SITTING UP AT NIGHT.

This always weakens, yet every one should be able to bear it in case of need. If it produces greater weakness than usual, if persons cannot deprive themselves of one hours sleep, give Cocc. or Phosph. acid. If sitting up occasions headache, or if a person has taken much coffee, wine or spirituous liquor to keep him awake, give Nux vom. before going to bed; if not caused by spirituous liquor, or the patient can not lie down

yet, or feels nausea, give *Ipec.* If the headache is worse in the evening, but better in the morning, give *Puls.* When there is a determination of blood toward the head, heaviness when moving the eyes, give *Nux vom.* or *Puls.*; if the symptoms are aggravated in the open air, the headache worse when walking with a booming, shaking sensation, give *Nux vom.*, to passionate and energetic persons; the same remedy, if the head is heavy as if the patient were intoxicated, buzzing and heaviness in the forehead, pale, haggard countenance, feels nausea, is chilly, weak and cross.

When the head feels as if empty and light, the patient can not bear the light, is better in the open air, worse when lying down, give *Puls.*, particularly to mild persons.

When the head trembles, is light, the face flushed, blue circles around the eyes, the mouth perfectly dry, without thirst, loathing of food, rising, nausea to fainting, fullness of the stomach, oppressed breathing, if worse in the air, from speaking or drinking of coffee, if the patient is very sad and troubled by frightful dreams, give *Cocc.*; if he is greatly excited in the evening, does not sleep well, is weary when rising, *Chin.*; if complaining of feeling sore all over, *Arn.*

The effects of late hours and over indulgence, may be counteracted by *Puls.* or *Nux vom.*, according to the above indications, or by *Carb. veg.*; see "Consequences of Intoxication."

### CONFINEMENT AND MUCH MENTAL APPLICATION.

If the confinement produces symptoms of *Dyspepsia*, and if the patient was accustomed to drink coffee or spirituous liquors, *Nux vom.*, taken in the evening, will often have a good effect; if after four or five days it gets worse again, give *Sulph.* If necessary, the same may be repeated in a month. When the head is more affected, *Nux vom.* is a good remedy, and afterwards *Bell.*; sometimes *Puls.* — See *Headache.* — If all these medicines prove ineffectual, and if every exertion



of the mind causes headache, give Calc. If there is merely a sensation of giddiness or intoxication, give to a person of a sanguine temperament, Nux vom., and to a person of phlegmatic temperament, Puls. Toothache, cough, and other complaints caused by mental application, yield to Nux vom. or to other medicines recommended under their respective heads.

*Excesses* injure body and mind more than any thing else. If they consist in intemperance in eating or drinking, apply the remedies prescribed under "Disordered Stomach." But if they are such as waste the very marrow and essence of the constitution, the greatest abstemiousness is a most absolute condition, together with which the following remedies may do much good.

The principal remedy which should be given first, but which may be given repeatedly after other remedies, is Chin. Afterwards, and when the patient regrets much his vicious conduct, give Phosph. acid. Besides, look under the head of the complaint of the patient, and select in preference such remedies as Chin., Phosph. acid., Staph., Nux vom., or Sulph. and Dulc., the one or the other, whatever suits best.

The same treatment is recommended when the patient has lost his strength by unnatural vices; give in the beginning Chin., or Staph., or Nux vom.; later, Phosph. acid., Sulph., or Calc. Encourage the patient that he may rouse himself by constant occupation; and by hard work, moderate eating, little sleep, abstaining from all spirituous liquors, bad company, and the reading of bad books, preserve himself from temptation. Should a morbid irritation trouble the patient, as is often the case with children, select in preference among the following medicines: Chin., Merc. viv., Carb. veg., Nux vom., Puls., Staph. or Ant. crud., Sil., Plat., or Calc., Coloc. Frequently, when Chin. and Carb. veg. are insufficient, Merc. viv. will effect the object; if not, Sulph. Among these medicines, which must not be repeated frequently, Cof., Op., Acon., Ign., according to circumstances, will suit.



When these vices have so weakened the constitution that the effects appear even after marriage, although then living moderately, give, if the head is much affected, Calc. For great weakness, trembling of the legs, the same; for asthma, Staph.; a burning in the parts, Merc. viv. or Carb. veg. Weakness in the feet, heaviness and a feeling of soreness in the limbs, dullness, ill humor and relaxation may be remedied by Cocc.

#### LOSS OF FLUIDS.

Loss of fluids through much perspiration or purging, or long continued diarrhœa, too long suckling of children, through too great a flow of milk or other fluids, much bleeding, or loss of blood by other means, often occasion incurable diseases, if Chin. is not given soon after, and repeated, if necessary, some time after. In some cases it is necessary to give Staph. or Sulph. If any of the above causes, particularly improper bleeding, or with children the bleeding after leeches during the night without it being perceived at the time, should produce fainting, or convulsions, give immediately Chin., and nothing else; as soon as the sick person recovers, and if his mouth is very dry, or if he moves the tongue, give him a little cold water; if he faints again, or has spasms, or he does not recover entirely, give a teaspoonful of good old wine; after a while repeat Chin., if necessary, and later, the wine. After this give him as much cold water as he likes to drink, only first not too much at once. If some symptoms remain, which Chin. does not take away, give Phosph. acid., and if this does not suffice, a week after, Nux vom. and in a day or two, Ars.

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#### CHAPTER IV.

#### CONSEQUENCES OF SURFEITING AND DISORDERED STOMACH.

When a person has eaten too much, or something which is too heavy, and soon after feels that his stomach is out of order, give him strong coffee without milk; should severe

headache and nausea follow, yet no vomiting, dip a very soft feather in oil, and tickle the throat with it until he vomits. If this does not produce vomiting, give some lukewarm water. If nothing will make him vomit, and he is retching, feels very hot, particularly in the head, give Acon. If he feels chilly, give Puls., which may be repeated every half hour till relief is obtained. If there remains pressure and heaviness in the stomach, and qualmishness, give Cham.; if this fails, Nux vom., two hours afterwards; if there is constant retching, give Ipec.; great coldness and violent pain in the stomach, Ver.; if the patient has thrown up bile, and there is a bitter taste remaining, let him drink a few glasses of cold water and sugar; if pressure in the stomach continues, give him coffee to drink without milk. If there is no improvement felt on the following morning, and loathing, nausea, inclination to vomit still continuing, rising with a bad, mouldy taste and smell, or resembling the smell of the food, which has been taken, give Ant. crud.; the rising with a bitter taste, Bry.; or when putrid, Nux vom.; or like rotten eggs, Arn.; or greasy, Puls.; and when acrid and bitter, Ars. The patient ought to take nothing but gruel, barley water, tea and toast, and lastly thin broth for a couple of days, to give the stomach time to recover its functions.

A disordered stomach produced by eating fat pork, or other meat, pastry, rancid butter, &c., will be relieved by Puls. If this does not suffice, by Carb. veg.

A disordered stomach from other food, rising, with a taste of what has been eaten, nausea, inclination to vomit, will yield to Ant. crud. or Puls.; in some cases they must be taken alternately.

For a disordered stomach from fruit, Puls.

Disordered stomach from bad, sour wine, particularly with much nausea, give Ant. crud.; from sulphurated wine, Puls.; from sour beer, vinegar, Acon. gives relief, particularly when

there is a pressing pain in the stomach, nausea, inclination to vomit, vomiting of phlegm or blood; but if the vomiting is sour, a burning in the throat, cutting in the bowels, purging, give *Hep.* For vomiting of food, burning in the stomach and abdomen; cutting pain in the bowels, with coldness, agitation and thirst, give *Ars.*; if connected with great debility and sensitiveness to warm and cold, damp and dry weather, give *Carb. veg.*

Disordered stomach from stale fish or meat, give forthwith a small quantity of pulverized charcoal, and if there still some symptoms remain, *Chin.*; if there is a corrupt rising, a putrid taste, give *Puls.*

Disordered stomach from salt victuals, *Carb. veg.*; effects of long continuance from eating too much salt, may be removed by *Ars.*, or by frequent smelling of sweet spirits of *Nitre*. For disordered stomach from eating cabbage, and sour crout especially, give *Bry.*

From old cheese, sausages, old spoiled smoked beef, &c. — See under "Poisoning."

### OVERFEEDING OF CHILDREN.

Children are not unfrequently made sick by overfeeding, or giving them indigestible food, such as pap made of flour, crackers, bread not sufficiently baked and the like; especially, when they are rocked too much, and are, moreover, filled and purged with rhubarbs, salts, castor oil, &c. All these things should be avoided. To check the vomiting, give *Ipec.*, particularly, if the vomiting is accompanied by purging. If this does not give any relief after several doses, give *Puls.* If there is only purging, with a discharge of undigested food, give *Chin.* If vomiting is accompanied by constipation, give *Nux vom.*

The same kind of food ought not always to be given to little children; the milk should be boiled, but not too long; thin gruel agrees better with some, if a more substantial fare

is required, they should have grits, made of wheat, corn, buckwheat, &c. in preference to pap made of flour. Or, fill a linen bag with wheat flour as tightly as possible, then tie it up well and keep it in boiling water for 3 hours. After that take it out and let it get cold. Upon removing the bag, you will obtain a hard mass, from which the outer crust must be pceled off. Then grate as much of it, as is required for a meal, and have it boiled in water, milk or broth. — Dry rusk are also good for children, provided, they are not too brown, which would be a sign of their having been burnt.

### HEADACHE.

If headache follows a disordered stomach and the whole head feels as if every thing inside were bruised, with nausea, give *Ipec.* Oppressive headache, with heat in the brain, worse after walking, reading, eating, with putrid taste, give *Arn.* For throbbing, shooting headache worse when talking, with much nausea, give *Acon.*; for dull, general headache, worse whilst going up stairs, and from smoking tobacco; without appetite, with a bitter taste, rising, hiccough, loathing and nausea, worse after drinking wine, give *Ant. crud.*; for burning, pressing, bursting headache, worse when stooping, as if all would fall out through the forehead, throbbing or tearing when walking, or splashing as if from water, worse in the morning early, or with chills, give *Bry.*; a rending, throbbing, jerking headache, worse in the evening when lying down, or one sided, attended with a putrid, earthy taste in the mouth, and without thirst, is relieved by *Puls.*, when there is heaviness in the head, the latter feeling very painful outside, with trembling in the jaws, a salty taste, spasms in the stomach, give *Carb. veg.*; especially to persons, who have taken much mercury. See Part II. Chapter 1.

### VOMITING.

When vomiting is occasioned by a disordered stomach, give *Ipec.*, if the tongue is lined; if it is clean, *Tart. em.*;



when it is produced by eating too much bread, with great oppression about the pit of the stomach, give Bry. If produced by surcharging the stomach, with bitter taste while chewing the food, or when accompanied by a burning sensation in the throat, give Puls.; if attended with much belching, a hot face and palpitation of the heart, Sep.

### FLATULENCE.

If flatulency swells the belly, renders breathing asthmatic, and is arising from flatulent food, such as cabbage, sour crout, fresh beer and the like, and particularly when there is a painful tightness across the belly, with pains and pressure about the navel; when the patient, after drinking, shivers and is chilled, give Chin. When drinking causes pains in the pit of the stomach, which obstructs breathing, the clothes around the ribs feel too tight, and there is a weight as from stones in the abdomen, give Nux vom. When it is caused by fat, after which much water has been drunk, when the wind rolls in the bowels, the belly appearing too full and hard, worse in the evening, give Puls. If oppression of the chest proceeds from an accumulation of wind, with jerking and shooting pains, a tension about the pit of the stomach — without exactly swelling the belly — causing a state of utter restlessness, Phos. will afford relief. Persons, subject to flatulence may take, with great benefit, as much of pulverized charcoal, as can lie on the end of a desertknife, once or twice a day.

### COLIC

from a foul stomach, or eating too much, if sudden, is often cured by taking some coffee without milk; if not, by Puls. or some other remedy indicated under "Colic."

### DIARRHŒA

from disordered stomach is generally cured by Puls., in children, accompanied with nausea and vomiting, by Ipec., in

children who are sleepless, excited and too lively, by Coff.; when cutting pains in the bowels seem to act upwards and produce nausea, and there is weakness after each evacuation, by Nux vom. and other medicines indicated under "Diarrhœa."

### SLEEPLESSNESS.

After the stomach has been overloaded, sleeplessness often yields to Cof., particularly with children, or Puls. If partly caused by strong coffee, Nux vom.; if by eating too much in the evening, drink a glass of cold water with loaf sugar; if this occasions too much acidity, drink merely water.

### NIGHTMARE.

After eating too much, nightmare cannot be prevented, unless the cause is avoided; sugar-water may sometimes remove it. A person who is subject to this complaint, should not eat too much, and should take the medicines recommended for "Nightmare,"

### FEVER.

Fever with much chill and coldness, and constant disorders of the stomach, diarrhœa or constipation, in persons of a passionate cross temper, may be removed by Bry.; to phlegmatic, awkward, irritable persons give Caps. If the fever returns every second day, Ant. crud. or Ipec., daily. On the days, when the patient is clear of fever, give Ipec. 4 times, on those when he has fever, give it twice, — except during the paroxysms of heat or cold. On the seventh day let him take Nux vom. Through this period he must abstain from eating fruit.

### ERUPTION.

A rash, from a disordered stomach, with chills and sulkeness, is often cured by Puls.; with sickness of the stomach, and difficulty of breathing, by Ipec.; if this proves useless, by Bry. If caused by noxious food, see "Poisoning." For further remedies, see "Eruptions."

## INDISPOSITION FROM ICE OR COLD WATER.

If a person feels unwell after drinking water, he may take one of the following remedies:

If the *drinking of water* aggravates every complaint, confuses the head, produces nausea and heat, take Cocc. If it produces cough and headache, Acon.; if cough, vomiting and chills, Ars.; if bad taste, as if the water were impure, coldness in the belly, pain in the bowels and chills, Chin., if nausea and pain in the bowels, Puls., and if this does not give relief, Rhus. Continuous nausea from drinking water may sometimes be removed by taking a little table salt — as much as will lay on the end of a knife. If water drinking produces hiccoughing, take Ign.; oppression at the stomach, Ferr.; if it causes swelling of the abdomen, as from flatulence, with pressure in the pit of the stomach, difficulty of breathing, chills, take Nux vom.; if it causes constant inclination to go to stool, and purges, Caps.; pain in the chest and shuddering, Verat. If it produces toothache, take Bry. or Merc. viv., or Staph., according to circumstances. If it occasions merely an irritability of the teeth, without regular pain, Merc. viv. or Sulph.

When a person habitually takes cold in the stomach from drinking cold water, and has, in consequence, accustomed himself to mix spirits with the water, and wishes to leave off this dangerous habit, let him try some of the recommended medicines. If he does not succeed, let him take a drop of pure sulphuric acid, and mix it with a pint of water, by pouring it for some time from one tumbler into another, and take a table spoonful of this in the morning, fasting, once or twice. This will warm the stomach, and gradually accustom it to pure water again.

When *drinking hastily* disorders the stomach, give Sil.

When merely *cold* drinking causes indisposition, Nux vom. or Staph. generally gives relief; if not, Calc.

Indisposition from ice or very cold water, during great heat, when sudden and dangerous, generally yields to Op., especially, if accompanied by a tendency of the blood to the head, twitching in the face, unconsciousness and giddiness almost to reeling; persons who are in the habit of drinking spirituous liquors will be benefited by *Nux vom.* If the countenance is pale, if there is a sensation of choking, and drooping, a few drops of spirits of camphor, on sugar, or diluted with water, may be administered. Should any symptoms remain, such as headache, tendency of the blood to the head, *Bell.* will be beneficial; for very acute pains, *Bry.*; for affections of the stomach, fever &c. *Carb. veg.* or *Ars.*; refer to the following passages.

For long standing disorders of the stomach, caused by drinking icewater in the summer, attended with great weariness, little appetite, if whatever food is taken, lies like a weight on the stomach, or is thrown off again, sometimes with a sour taste, with soreness of the stomach upon pressure, if the stomach and abdomen are distended by wind, flatulence becoming very troublesome, the symptoms growing worse in the open air, *Carb. veg.* will be serviceable.

If there are pains in the stomach, or other symptoms arise in consequence of having swallowed pieces of ice, as children are apt to do, *Ars.* will be the remedy, and sometimes *Puls.*

*Ars.* may be administered in cases of oppressive weight on the stomach, particularly, with a burning sensation confined to a small spot, or extending over the stomach and abdomen, with great anxiety and disquietude indicated by the countenance, tongue dry, continual thirst, every thing having a salty taste, nausea produced by motion, or after drinking, even to vomiting and throwing up bile.

*Puls.* should be given, if the affection in the stomach and the pit of the stomach is of a spasmodic nature, worse after eating, in some cases attended by vomiting; the countenance expressing rather a disposition to cry; the tongue



slimy, taste insipid, no thirst, nausea after eating and drinking, worse in the afternoon and evening, with sour rising, or only wind retaining the taste of what the patient has eaten.

The same remedies will answer in affections of the stomach, produced by eating *cold fruit, icecream* and the like.

Every body should be able to *drink milk*, and if it does not agree, it is an indication of there being something wrong about the stomach. Something should be taken for it. If it produces a sour taste, give *Nux vom.*; if pains in the bowels and diarrhœa: *Bry.*, or *Lycop.*; and if the other medicines do not give relief, and there is rising, vomiting of phlegm and other indisposition, give *Sulph.*; if it produces lasting nausea, give *Calc.*

Persons who feel indisposed after *drinking malt liquor*, will do well to refrain from it, at least from the stronger kinds, which sometimes owe their strength and bitterness to injurious drugs. But if the head should become too easily affected after drinking good beer &c., take *Rhus*; if this proves useless, take afterward *Bell.* If the beer causes vomiting, take *Ferr.*; if nausea, *Ars.*; if colic, *Coloc.*

Whoever feels indisposed after *drinking brandy*, may congratulate himself; the best and most salutary advice we can give him, is to let it alone.

#### CHAPTER V.

### CONSEQUENCES OF SPIRITUOUS LIQUORS, COFFEE, TEA, TOBACCO, ACIDS &c.

#### INTOXICATION.

This disgraceful condition, in which we still see so many persons, needs no description. Every one knows that, however drunk a person may be, the best way is to let him sleep it off; but sometimes it may be of consequence to restore him sooner — at least so far, as to be able to remove him.

The best remedy is an external application of cold water. If a person is lying in the road, throw the coldest water that can be procured over him; if this does not succeed, throw water upon him by buckets full, from a certain height, so as to hit him with great force. If he is vomiting and retching, give him coffee without milk, as much as he will drink, but very hot.

If he is not quite so far gone, a cloth dipped in cold water, and wrapped round the abdomen and certain parts, may afford relief.

If it proceeds from drinking beer, give green tea and milk; if from wine, give him a bitter almond to eat (but not to children); if from spirits, give him salt water to drink, and if that does not produce any effect, put grated garlic into his mouth.

If the face of a drunken man has a purple hue, his look fixed, does not come to his senses, the throwing on of cold water producing only a temporary effect — if the muscles of the face are convulsed, or a cramp prevents the opening of the mouth — apply nothing but a piece of cloth, dipped into cold water, to the head, and give Op., every quarter of an hour until he improves; if this will no longer avail, give Acon. or Bell., according to circumstances.

If children are made tipsy by thoughtless or vile persons — or by accident swallow brandy, wash their head and abdomen with cold water, and give them, every quarter of an hour, a teaspoonful of hot water, a pint of which has been poured on a bitter almond. If they do not soon fall into a sound sleep, give Nux vom. If they fall into a torpid sleep, with snoring, the face red and the head hot, give Op. If they are too lively and merry, and cannot sleep, give Cof. If they have fever, give Acon., and if this does not remove it in two hours, give Bell. If they fall into convulsions, give first Op., if this does not answer, Nux vom., and if this fails, Cham.

Many females, when confined, drink out of ignorance, from habit, or by the advice of stupid midwives, spirituous liquors, to obtain sleep for themselves and the child. This is a horrid, abominable habit; they expose themselves and their child to the greatest danger; and if not attended by immediate bad consequences, it may cause the child to become a drunkard, when grown up. Under these circumstances, give to the mother and child the aforesaid medicines.

Besides the confirmed drunkard, there are others who only once in a while, allow themselves to be led astray, and who are ashamed of their conduct afterward. These we advise to put a globule of *Nux vom.* into a glass of water, to stir it up well, and to drink it before going to bed; the next morning they may take the remedies prescribed for the effects of intoxication.

There are, however, many who have fallen into this vice from vexation, grief and sorrow. Their own conscience will tell them to what a horrid alternative they have had recourse; and we earnestly exhort them to touch not, taste not again, under any pretext, but to force themselves to drink, daily, cold water, until their stomach becomes quite weak from it, and to take the medicines recommended for the effects of drinking; also, the medicines which suit for vexation and grief. When they have thus become *men* again, let them, in fervent prayer, implore Him who teaches us to bear with every tribulation, and who has promised that he will give rest unto every one, who calls upon him zealously, earnestly and unceasingly, to strengthen them in their resolution not to fall back again into a habit so disgraceful and vicious.

There are other drunkards who are driven to drinking by a morbid state of their system. These deserve our compassion; but although we may pity, there is not sufficient ground to exculpate them. For the same morbid state urges one to anger, another to laziness, a third to incontinency, but it is no excuse for either. Were it otherwise, every one might

find a ready excuse for his favorite vice, and easily imagine that he could wash off his impurity in a sink. When the passionate man does not bridle his anger, the lascivious his cravings, and the intemperate his inclination to strong drink, their morbid sensibilities will increase. No, they ought to pursue a course directly opposite. He who is given to anger should constrain himself to submit even to unmerited abuse; the voluptuary should repress all vicious thought, and avoid every temptation; the lazy should work until he is perfectly exhausted; and he who longs for strong drink, should not even smell brandy, wine, or beer, though he were almost dying with thirst.

Let every one reason thus: — God has permitted me to be afflicted with this horrid disease, not that I should give myself up to sin, but that I should prove my strength, and learn to resist temptation. And he who conquers, will be doubly strong to do good afterwards, and the blessings of Heaven will attend him.

To him who has thus fortified his mind we recommend the following remedies, which will contribute to subdue the disease, under which he lingers: — Take Sulph. every morning for seven days. Should the craving abate, and return afterwards, let him take Nux vom. in the evening; and if it returns again in two or three days after, Sulph., repeating these remedies in the same order. If this does not prove efficacious, give Ars. If this does good but temporarily, give Nux vom. one day, and three days after Ars.

Although this treatment will succeed in many cases, yet there may be some, where it will prove unavailing. If so, put a drop of sulphuric acid into a tumbler of water, mix it, and drink it early in the morning. This may be done every two or three days, until it produces disagreeable symptoms. For these symptoms the patient should frequently smell camphor. Should this, too, prove ineffectual, and he feel seriously dis-



posed to reform, let him consult a homœopathic physician, who will probably be able to relieve him.

If a person has a craving for liquor, and cannot be induced to refrain, we would advise his unfortunate wife, or children, or sisters and friends, to administer to him, secretly, the following remedy: — Take pure sulphuric acid, mix it with plenty of water, so as to taste only a little sour, and give it to the drunkard in every thing he eats and drinks, and as much and as often as possible; put some of it in the coffee, tea, soup — into every thing; mix it particularly in sour sauces or lemonade. If it weakens the stomach, give tea made of bitter herbs, bitter oranges or roots, continuing at the same time with the sulphuric acid, until his mouth gets sore, then stop. If it produces no other bad symptoms, give no medicine for this; but should constant diarrhoea, weakness of the stomach, vomiting and giddiness appear, give Puls.; if it produces lasting ulcers in the mouth, give Merc. viv. The consequences are not dangerous, and can be easily removed.

### EFFECTS OF INTOXICATION.

After drinking too much in the evening, sometimes after a few glasses of wine, we feel unwell, heavy, and stupid in the morning; the face is pale and haggard; the eyes are pained by the light; the mouth is parched and rough; with nausea, pains in the pit of the stomach, hoarseness, heat in the hands and soreness in the limbs, as if sprained; we become weak, sleepy, chilly, languid, cross and passionate; some times there is bleeding of the nose, or cramp in the stomach, &c. Give Carb. veg. or Nux vom.

If the headache is throbbing or attended with pressure over the eyes, or better in the air, take Carb. veg. If the pain is attended by a feeling, as though a nail were lodged in the head, and on one side only; worse when walking, at every motion, in the open air; in thinking and stooping, take Nux vom. If only nausea, Carb. veg.; an inclination to vomit,

and retching, Nux vom. If the stool is thin and pale, Carb. veg. If there is much pressing, and forcing, with slimy purging, Nux vom. If there is much giddiness; red eyes, with matter in the corners, great sensitiveness to the light, or a dry, hacking cough, take Nux vom.

Should Carb. veg. not produce an immediate effect, smell camphor from time to time. If the headache does not abate after a couple of hours after taking Nux vom., take Cof. If the nausea continue after the above medicines, and the stomach is very weak, take Ant. crud.

In indisposition from the repeated use of wine or spirits, which has already continued for some time; in tedious headache, fullness and heaviness of the head, or cramp in the stomach, weakness of the stomach, constipation, piles, pains in the back, miliary eruption, or much itching and biting over the whole body, Nux vom. generally proves efficacious. It should be taken in the evening; and whilst the patient keeps improving, he should neither drink wine, spirits or coffee. Later, take Carb. veg. in the morning, if required, or Lach., the former, if the symptoms are worse early in the morning, or in the open air; the latter, if they are worse after sleeping, especially in the afternoon, and if aggravated by hot weather.

For tedious headache, which has not only been caused by intemperance, but is aggravated by drinking spirituous liquors, by thinking, mental application, speaking, stooping, after reading, or writing, the patient is very weak, give, if he is plethoric, Calc.; if of a spare habit, Sil. Do not repeat the dose until he is worse again, and should the repetition fail, give Lach.

If the effect of wine is only to irritate, excite and produce trembling, with nervousness, an uncomfortable dry heat and splenetic humor, give Coff.

#### MANIA A POTU.

In this sad and terrible disease, to which drunkards are subject, and which takes the form of delirium in the appea-

rance of animals, monsters, strange human faces &c., attended with raging and raving, fits and convulsions, medical aid is not always effectual. But, instead of worrying the unfortunate being with quantities of tormenting, weakening drugs, it is better to give him Op. every hour; and if he does not improve in twenty hours, Nux vom.; and if the attacks return, Op. again. At the same time, cold water may be of service.

If these remedies prove ineffectual within two or three days, Calc. carb., given morning and evening, is sometimes serviceable. During this time the patient may drink freely of cold water, taking a little beer, if he desires it and has been accustomed to it. The same with tobacco.

If the attacks are less severe, the patient only seeing animals or fire at intervals, with fearfulness and a wish to escape, give Bell., three times an hour; or alternate with Acon., giving one each hour, and Calc. carb. the following morning.

If Bell. should afford no relief, if the throat is affected, the attacks appearing more in the afternoon, or after sleeping, the patient talks much, flying from one subject to another, is unwilling to bear his shirt or neckhandkerchief, but striving to have them removed, Lach. will be serviceable. If premonitory symptoms of apoplexy appear in drunkards, Bell. is often of great use.

#### BAD EFFECTS OF COFFEE.

A person who is not accustomed to coffee, who drinks too much, or who drinks it too strong, may feel unpleasant symptoms in consequence, which he might wish to remove as speedily as possible.

For sleeplessness, palpitation of the heart, great irritability of the nervous system, violent spasms in the stomach, Nux vom. almost always suffices.

For violent headache, as if a nail were driven into the head, or heaviness, rending pain in the head, give Ign. or Nux vom. If it is better when stooping, or if there is a throbbing in the



whole head, if the patient is of an undecided, inconstant disposition, give Ign.; if it is worse when stooping, or walking, attended with much giddiness, confusion and heaviness in the head, and the patient is of a choleric temperament, give Nux vom.

Violent, one-sided headache yields usually to Nux vom.; if accompanied by much weeping, and screaming, and great sensitiveness, to Cham.

Tedious effects of the too frequent use of coffee may be removed by the same medicines. Nux vom. is one of the principal medicines in these complaints; if it does not suffice, Cof. may sometimes be given, and then Nux vom. again.

Frequent toothache following immediately upon drinking coffee, generally yields to Cham. If very violent, when the patient is almost beside himself, give Cof., and afterwards Cham.; sometimes Nux vom. Sometimes, but very seldom, the following medicines: — Cocc., Bell., Merc. viv., Carb. veg., Puls. and Rhus.

Violent spasms in the stomach, if always worse after drinking coffee, Nux vom. or Cocc.; if but temporarily relieved by coffee, but worse afterwards, Cham.

Violent pain in the bowels, or colic, Cham. or Nux vom.; frequently Coloc. or Bell.

If, after the habit of drinking coffee has been abandoned and the above tedious effects will not yield to Nux vom. and Cham., the following remedies are sometimes useful: —

Cocc. when every motion is attended by perspiration, which weakens; frequent trembling; starting when asleep; sudden heat; frequent toothache when eating; lightness in the head; sadness; agitation; when every indisposition is aggravated by fresh air, exercise, eating, drinking, sleep, or even smoking.

Ign. when there is much debility; emptiness in the pit of the stomach; frequent spasms in the abdomen; falling asleep or painfulness of the limbs, generally pressing as from hard-pointed substances, the pains oblige the patient to shift his



position constantly, after which he feels better; the disposition is inconstant, sometimes excessively lively, at others depressed and inclined to weeping.

When these remedies do not operate a favorable change in a few days, give *Merc. viv.*; and if this fails, *Sulph.*, seven days after.

### EFFECTS OF TEA DRINKING.

For indisposition from green tea, take *Cof.* or *Ign.*, and if it does not improve in half an hour, *Chin.* For tedious complaints from drinking much tea, *Chin.* is generally the best; later, *Ferr.*

### EFFECTS OF SMOKING TOBACCO.

Those who are not accustomed to it will be quickly restored by *Puls.*; violent headache and nausea by *Acon.*; giddiness and dizziness to fainting, vomiting of bile and diarrhoea, *Cham.*; and if this does not give immediate relief, and there is much coldness, *Vcrat.*; if this will not answer, let them smell camphor. Violent convulsions and other symptoms may be removed by *Cupr.* For other remedies see "Poisoning."

If a person accustomed to smoking feels unwell after it, *Cocc.* or *Ign.* will generally relieve him. If it occasions toothache, give *Bry.*; sometimes *Chin.* is good. If it causes sickness of the stomach, *Ignat.* or *Puls.*; if uneasiness and nausea, *Staph.* The same applies to chewing tobacco. *Nux vom.*, *Cham.*, *Puls.* or *Cocc.* will, however, be found most applicable; sometimes *Cupr.*

Tedious consequences of immoderate smoking are difficult to cure; nervousness and weakness of the stomach are generally removed by *Nux vom.* or *Cocc.*; habitual constipation by *Nux vom.*, *Staph.*, *Merc. viv.* The disease to which those who manufacture tobacco are subject cannot be removed unless the patient forsakes his employment. He should apply to a homœopathic physician. The foregoing remedies may, however, be tried; also, *Ars.*, *Coloc.* and *Cupr.*

If complaints are occasioned by spices, such as pepper, ginger and the like, give *Nux vom.*

### CONSEQUENCES OF ACIDS.

See what has been said Part I., Chapter IV., about this subject. When other indispositions arise from acids, they yield generally to *Ars.*, or *Sulph.* When acids aggravate the symptoms, give *Bell.* or *Lach.* When a person has a craving for acids and sour food, give *Ars.*, *Arn.*, *Bell.*, *Chin.* or *Lach.* *Ars.* is the best, when there is a loathing of other food; *Sulph.* when an aversion to sweets. If the craving is merely for sour drinks, give *Bry.*; *Natr. mur.*, when sour taste after acids continues. For heart burning and vomiting after sour victuals, give *Ferr.*; or if a watery fluid after acids is vomited, give *Phosph.* For disordered stomach from acids, give *Ars.*; if it does not suffice, give still *Lach.*; if obstinate, both alternately. For diarrhœa from acids and sour fruits, give *Lach.*; if merely from fruits, give *Chin.*

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### CHAPTER VI.

#### EFFECTS OF THE MEDICINES HITHERTO IN GENERAL USE, AND REMEDIES TO COUNTERACT THESE EFFECTS.

When sudden and dangerous symptoms appear after administering a so called medicine, we may take it for granted the patient is poisoned, and we must look under the head of "Poisoning." There is no poison in the world which, by the old system of medicine, has not been given as salutary, and been tried on sick persons. Still worse is it, when some hypocritically pretend to be able to cure all diseases by herbs or vegetable substances; for the vegetable poisons are much more deleterious than the mineral, — prussic acid, for instance, is a more powerful poison than mercury, &c., which every well informed physician must know. Animal poisons, again, are worse than vegetable poisons; as, for instance,

that of venomous serpents. Whatever is said of the innoxious effect of vegetable medicine is nothing but deception and humbug.

It is true, there are some herbs which do not produce any dangerous effect, and medicines which are not very injurious; but even these should not be given without due consideration, nor in large quantities for any length of time. For it is certain that, if, you give the proper medicine, very little will suffice, and if you give an improper one, the larger the dose the more injurious it will prove.

In large and frequently repeated doses every medicine may, therefore, be considered a poison. In Germany more children have died of chamomile tea than of scarlet fever; and more people are, even now, killed by Peruvian bark and Quinine than by the fever and ague. Formerly the cause of their death was not known, and the thing was called by a different name. Of a hundred persons who have died of dropsy, eighty, at least, have been made dropsical by bleeding and the irrational administering of drugs. Ask only, how often such persons have been bled, or what quantities of medicine they have swallowed, such as mercury, Peruvian bark, quinine, cathartics, sulphur or saltpetre, laudanum and other narcotics, and you will see how the dropsy has originated.

When a person, under the impression that it was all right, has taken such various trash, or given it to children upon the recommendation of an ignorant physician or apothecary, he may often remedy the evil by following these directions: —

#### EFFECTS OF OPIUM OR LAUDANUM.

This drug often produces dangerous consequences; — see what is said about it under “Poisons.” Results are produced by it, which were not anticipated, particularly when an ignorant practitioner applies it in injections, where its effect is a great deal more powerful. For the lingering effects of laudanum, which never fail to appear, sooner or later, not much can be done without the advice of a judicious physician. It

will be well to give, from time to time, Cof. and sometimes Merc. viv., which should be allowed to operate a week, or longer. Sometimes Nux vom. or Bell. may be given.

### EFFECTS OF PERUVIAN BARK, OR QUININE.

This is a medicine which, next to opium and mercury, most frequently undermines the constitution, and occasions incurable diseases. Should the patient escape death, he will be troubled for years by the effects of bark. It is more difficult to expel quinine from the system than mercury; and he, who pretends that this can be effected by cathartics, is utterly ignorant of physic. It enters the blood and all the fluids, and no purging in the world will remove it. To relieve the patient from its effects, will require patience, but it may be gradually accomplished by the following means. The chief medicine, in most cases, is Ipec. once or twice a day, until there is an improvement. For rheumatic pains, heaviness, prostration, soreness in all the limbs, drawing pain in the bones, great sensitiveness of every part of the body; when exercise, speaking, blowing the nose, loud sounds aggravate the pains, give Arn. When the body is cold, with cold perspiration, constipation or diarrhoea, give Verat. For consumptive cough and expectoration let the patient drink an infusion of Iceland moss. For jaundice give Merc. viv. and later, perhaps, Bell. For heat in the face, determination of blood to the head, much pain in the head, face and teeth, give Bell. For earache, Puls. For swelling of the feet, Ferr. For ulcers on the legs, dropsy, short cough and shortness of breath, Ars. If there are other complaints, look under the respective heads, and select the medicine accordingly; in preference, take these: Sulph., Calc., Carb. veg., Cin.

When bark has been given in intermittent fever, and the disease has been bungled, and another and worse complaint than the fever makes its appearance, or the fever remains, which is now more difficult to cure:



If the fever has been suppressed, and carache, toothache, headache and pains in the limbs make their appearance, give Puls., and if this fails, Calc. For affections of the stomach give Ipec. or Puls.; for swelling: Arn., Ars. or Ferr., and select, according to circumstances, one of the above recommended remedies.

If the intermittent fever continues, as it often does, give first: Ipec., which mostly proves efficacious; afterwards: Ars. or Carb. veg.; sometimes Cin., Verat., Arn.; at other times, but very seldom, Bell., Merc. viv., Sulph. and Calc. will effect a cure.

When the mixtures which the twice unfortunate patient had to swallow, contained Conium or Cicuta, Digitalis, Lau-rocerasus or Acidum Hydrocyanicum, it is scarcely possible to save him, unless a good constitution throws it off, assisted by proper living, fresh air and the drinking of much water.

Persons who have swallowed much assafoetida, or much valeriana and other drugs which enter largely into the composition of the notorious Morrison's pills, are generally in a very critical situation. Chin. or Merc. viv. sometimes counteracts the effects of assafoetida; Cof., Nux vom., Cham. or Sulph. those of valeriana; Puls. and Nux vom. those of colchicum; Bell. Bry., and Arn. those of scnega; Merc. viv. or Bell. those of sarsaparilla.

If a person feels bad effects soon after the application of a blister of spurgelaurel (mezeureum), let him first smell camphor, and afterwards, if these effects appear in the mouth or in the bones, give Merc. viv.; and if they appear more in the limbs, Bry. or Rhus.

If the application of Spanish flies produces bad symptoms, let the patient smell camphor frequently, and if this does not counteract them, give Acon. or Puls.

When children have taken much rhubarb, and consequently are troubled with much flatulency and slimy diarrhoeas, give Nux vom.; if they have sour vomitings during

the night, miry stools and diarrhœa: Puls.; if they have sour stools, green or mixed with blood: Merc. viv.; bad colic and green evacuations: Cham., and if the colic does not get better: Coloc.

### EFFECTS OF MAGNESIA.

If a person has taken magnesia and feels worse, particularly after burnt magnesia, let him smell sweet spirits of nitre; if he cannot sleep, give Cof.; if it produces violent pains in the bowels, give Cham., and if they are very bad, without much or any evacuation, give Coloc.; if no evacuation follows in 24 hours, give Nux vom.; if the patient has violent pains, burning with fever, give Ars.; but if the magnesia has produced sour, thin purging with colic, give Rheum and if this fails, Puls. The same remedies should be given, if similar effects are produced by Epsom salts.

### EFFECTS OF SULPHUR.

The effects of sulphur are as bad as those of mercury, and the tedious complaints which it produces are as difficult to cure. If a person feels unwell soon after having used it, he should smell camphor; if this does not relieve him and when the pains are violent, particularly in the head, accompanied by heat, let him take Acon.; later, when the complaint is tedious: Merc. viv. or Puls. and sometimes, according to circumstances, Sil. or Sep. For the bad effects of sulphuric vapors from the lighting of matches, from which children often get coughs, shortness of breath and pains in the throat and chest, Puls. is best.

If sulphur has been given to children, in conformity to a notion entertained by some parents of its beneficial effects, especially in the spring of the year, and it occasions fever, with cutting pains in the bowels; or if eruptions, against which it is given, should be driven back; or when very painful biles ensue, Bell. is very often efficient; care is, however,

afterwards to be taken, to guard the children from taking cold, not, by keeping them in warm rooms, but to prevent their being in draughts, or sitting on the ground, and the like.

When patients suffer from Jodine (Jodium, Kali hydrojod., Hydroj. Pot.) administered, as is usual, in long continued doses, give Hep.

### EFFECTS OF MERCURY.

This is the universal elixir of the quacks in all diseases, who, whilst they pretend to restore their patients to health, destroy their constitution. It is administered as calomel in powders, or dissolved as corrosive sublimate, or in pills — those abominable blue pills. Beware of all prescriptions in which names, like the following, occur: Calomel, Murias, Mercur. subl. corros., Merc. praecipit., Hydrargyrum, Chlor-etum hg., Bichloret. hg., Argent. viv. People are frequently imposed upon by being told that mercury can be expelled again by taking aperient medicines after it. Those who hold such language, close their eyes to the effects, which ensue from taking mercury, for, supposing it was as easy to remove the calomel as it was to swallow it, the effect produced upon the body will certainly remain; just as if you were to drive a nail into a man's leg and then pull it out again; the hole will remain; it will heal after a while, but requires time and a rational mode of treatment, or the consequence may be very serious. To give aperient medicine then for the effects of mercury, is about as sensible as if I were to poke a wooden peg into the wound made by the nail, and imagine it to be all right again.

Prepared mercury, however, cannot be expelled again so easily, and least of all, by purgations, as it immediately penetrates every part of the system, the fluids, the glands, and even the bones.

This is the reason that the slow poisoning by mercurial medicines is far more difficult to cure than any natural dis-

ease; it always requires much time, and in many cases mitigation of the sufferings is all that art can effect for the patient.

In most cases, as well immediately, as long after taking mercury, Hep. will be found of great service, and particularly with the following symptoms: headache during the night, loss of hair, painful lumps on the head, inflamed and red eyes, with pains in the nose when pressed, eruption around the mouth, phlegm deep in the throat, much saliva in the mouth and ulcerated gums, swelled tonsils, hard glands on the throat, a pricking pain when swallowing, coughing, breathing, or vertigo in the head, inflamed suppurating piles in the groin or under the arm-pit, or small ones on the chest, thin evacuations, with a great effort, sometimes mixed with blood, slimy and green; the urine dark red, hot and acrid; coughing when a hand or foot has been cold, or after drinking, sometimes accompanied by spitting of blood; whitlow, or other red, inflamed swelling on the hands and fingers, also on the knee, like gout; the skin does not heal well; every little wound or scratch suppurates and spreads; the skin of the hands and feet bursts; ulcers, which bleed easily, burn in the night, with throbbing and acute pain; chilly in the air; in the night chills and frequent pains in the limbs; also fever, and afterwards clammy, sour perspiration; very sensitive, the pains almost produce fainting.

It is advisable to await the effect of Hep. for some days; if it improves slowly, wait a fortnight; if after this the improvement does not continue, repeat the same medicine; if the improvement was but of short duration, and it were absolutely necessary to give something, Bell. would be the best; the same will answer, when Hep. has been given two or three times, once every fortnight, and has lost its efficacy.

For complaints of the mouth and throat, for swelling of the tonsils, and deafness, give Hep. and Bell., and if they produce no change, Staph.



For great sensitiveness to the weather, violent pains, particularly during the night, worse when touched, great weakness, when the patient has been debilitated by much purging and salivation, give Chin., and if this, after having been administered two or three times every four or five days, has no further effect, give Carb. veg., particularly if the weather makes the patient worse.

If, after taking some of the said remedies, there remain rending pains in the bones and gouty swellings, give Dulc., and afterwards Phosph. acid.; for swelling on the bones, (nodes,) give Phosph. acid. and afterwards Staph.; and when this ceases to do good, Calc.

If these medicines have been taken for a considerable time and the complaint is not completely removed, try Sulph., and sometime after one of the above remedies again. If Sulph. gives relief, take several weeks afterward Calc., and after that some other suitable medicine, for instance, Lach.

If a person has taken much mercury and afterwards sulphur, it will be well to give Merc. viv., and then Bell. or Puls.

When a person has taken much mercury, but no sulphur after it, and Hep. should not exactly answer, according to the foregoing description, give Sulph.

In tedious complaints, caused or aggravated by mercury, select from the following: Hep., Bell., Chin., Phosph. acid., Carb. veg., Dulc., Staph., Lach. In many cases, where immediate relief is required, Op., Puls., or the medicines prescribed under "Poisoning," will answer; in some few cases, Ars., Ferr., Rhus or Sil. will be available.

#### EFFECTS OF LEAD.

Lead is commonly an ingredient in medicines, such as white ointment, plasters, lead water, &c., which are used to dry up and cure eruptions, ulcers, bruises, burns and wounds. It is as poisonous, when it is applied externally, as if it were used internally, and produces constipation, colic, cough and com-

plaints of the lungs. If such is the case, give frequently Op., afterwards Bell., and if necessary after Bell., Plat. or Nux vom.

### EFFECTS OF ARSENIC.

If the so-called medicines contained arsenic, which is mostly given in fever and ague, when the quinine powders will not cure it, or for cancers, internally and externally, and which generally aggravates the disease, give, every hour or two, as often as it is worse, Ipec.; and if this does not improve, give Nux vom. once; if these remedies fail, or if, from the circumstances, Verat., Ferr. or Chin. seem to suit better, give one of these.

### EFFECTS OF IRON.

Iron is frequently given as steel-drops, steel-pills, &c., for intermittent fever and complaints of the lungs; but instead of curing the evil, it generally makes it much worse. When the menses are not regular, and in general, when the patients are weak and pale, there are some who imagine, that if the patient is painted red inside, his outside will likewise become the more fascinating, or, that the iron will enter the bones and make the patient strong. Iron, however, as a medicine, is injurious, as well as all the other metals, only it does not kill quite so rapidly. A proof of this assertion we find in springs which contain iron, and wherein rust is formed neither man nor beast thrives upon this water, and even those who at last become accustomed to it, will sooner or later suffer from it. In cases where speedy relief must be afforded, give Puls. or Chin., and if they do not avail, give Hep., and after some time the former medicines again.

In all cases of poisoning by medicine, it is necessary to look under the particular complaint, and to give the medicines there recommended in preference.

He who has already taken different medicines, and has become worse and worse by their use, will do well to lay

them all aside, no matter what they are called, and should his health not improve by itself, nor from the medicines which have been recommended here, let him apply to a competent homœopathic physician, and, in a view of all the existing circumstances, not be expecting miracles. It is often very difficult to give relief to the sufferer, and in most cases it takes a year and more, before he begins to improve, provided he has no hidden disease, which neither the old nor the new method can cure.

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## CHAPTER VII.

## O F P O I S O N I N G.

Wilful murder and suicide by poison, are but rare occurrences; most cases of poisoning originate in the carelessness with which poisonous things are handled, in the ignorance of their poisonous qualities, or in the wicked adulteration of eatables and of liquors. With the necessary knowledge, we are frequently able to avoid this danger. As it is of importance to every body to be acquainted with the poisonous substances which threaten life, we will in the first place give some directions, how we may discover these adulterations; how we can guard against other poisoning; and then recapitulate the remedies, which every one is able to apply himself.

*Adulteration of Food and Liquors, and how to detect it.*

## 1. ADULTERATION OF WINE.

Wine is most frequently adulterated, and here more than elsewhere; those imported into this country have either been adulterated already by the shipper, that they might keep, or it is done here when they are near spoiling, or to make them resemble wines of better quality, or for other purposes. We will give directions how to recognize adulterated wines, that the honest dealers and venders of wine may be able to ex-

amine the articles which they purchase, and that all who have to deal with rascals may first test the wine. All those who, by the directions given below, shall discover that wine has been adulterated, if they have but a spark of feeling for their fellow men, should expose, without the least hesitation or forbearance, the persons so offending, that this horrible practice might be checked in this country. It is true, that the venders may excuse themselves by saying that they have bought the wine in that state. But the poison is there, and no one should deal in wine who does not know how to discover these adulterations, or who has not trustworthy people from whom he orders his wines. At all events it ought to be made known that he had been deceived, and particularly by *whom* he had been deceived.

Wines may be adulterated with harmless or noxious substances, and whoever employs the former will employ the latter, for the distinction is but too easily overlooked. We will, therefore, first give some directions how to discover the harmless adulterations. To improve light wines by an admixture of finer qualities cannot be called adulteration, and may be done without any detriment to the health of the consumer.

a) *By water.* — There is water in the wine when a little of it put into boiling water crackles; when small drops adhere to an oiled reed dipped into the wine; when unslacked lime slacks therein.

b) *By sugar.* — There is sugar in the wine, when, on causing a spoonful of it to evaporate over a coal fire, there remains a sweet sticky substance, similar to molasses.

c) *By brandy.* — There is brandy in it, when, on rubbing a little of it between your hands until dried up, it leaves a smell of spirits; also when the wine burns in the mouth.

d) *By coloring matter.* — Wine which contains coloring matter, is always bad and adulterated. Fill a small vial with the wine, put your finger over its mouth, and hold it in a



tumbler full of clean water, with the mouth of the vial downwards; withdraw your finger slowly, and leave the vial for a while without shaking it. If there is coloring matter in the wine, it will gradually mix with the water, but the wine will not. Or strain the same wine through white printing paper, and the color will remain on the paper. Or drop some spirits of sal ammoniac into a glass of wine, if it turn blue it has been colored. Or dissolve green vitriol in water, and mix it with the wine; if it leaves much black sediment the wine has been adulterated with bark.

These adulterations cannot do much harm, but they show, that he, from whom the wines are bought, does not sell them pure. We are now going to point out some adulterations which operate as a slow poison, and which may be the cause of many diseases.

e) *By lime or chalk.* — Lime or chalk is often used to restore wine that is spoiled, or to give new wine the appearance and taste of old; this admixture is very injurious to all who drink it. Take a few grains of salts of white sorrel, and dissolve them in two tablespoonfuls of distilled water, or in water obtained by letting the steam from the spout of a tea-pot, filled with boiling water, pass into a cold vessel. This salt, itself a poison, drop into a glass of wine; if you perceive a whitish cloud in it, and the next day a white sediment, there is chalk in the wine. Such wine drank frequently will occasion gravel, hard glands, swellings, ulcers, sore eyes, tedious headache, diarrhœa, &c.

f) *By sulphur or brimstone.* — Sulphur or brimstone is often found in wine, and many pretend that wine cannot keep without it. This, however, is erroneous and too much sulphur in wine acts as a poison, particularly with persons of a consumptive habit or who are subject to bowel or liver complaints; in fact, it is injurious to every one who drinks it. The presence of sulphur may be easily detected by putting a clean new-laid egg into a tumbler, and filling it with wine;

if the wine contains sulphur, the egg will be of a blackish color the following morning. The same will happen to a well polished silver teaspoon. Another method is to drop a little of lapis infernalis, dissolved in water, into the wine; if it leaves a brown sediment, the wine contains sulphur.

g) *By alum.* — Alum is sometimes contained in wine, and renders it very injurious, when drunk often; a single glass will not unfrequently prove hurtful to a person of delicate health. Dissolve potash in water, strain it through blotting paper, and pour some drops of this solution into the wine; if it foams and precipitates a white powder, there is a probability of there being alum in the wine. If you desire a more decisive proof, confer with an Apothecary, or, dissolve the above white powder in sulphuric acid diluted with water, adding a small portion of sulphate of potash. Let it evaporate on a stove and crystallize. Should this deposit, resembling salt, have the hard and acrid taste of alum, the proof is positive.

h) *By lead.* — Lead, or some other metal, is often found in sweet wines, sometimes also in other wines, and is indeed a slow poison, worse than any other adulteration. — A nice taste will detect metallic poison in wine, the sweetness of which is disagreeable. Dilute sulphuret of lime in water, and drop some of it into a glass of wine — if it turns brown or black, it contains metallic poison. Suspend a bit of polished zinc in the wine — particles of lead will adhere to it, if contained in the wine. Dissolve Glauber Salts in lukewarm water till it becomes saturated, let it cool, and drop from what is clear of it into a tumbler half filled with wine, as much as will fill the tumbler, let it stand over night, and there will remain a white sediment from the lead. If you put into a glass of wine a few drops of sulphuric acid, and the wine becomes turbid leaving a white sediment, it contains poison.

i) *By corrosive sublimate.* — If you put a few drops of spirits of sal ammoniac into a teaspoonful of water, and

throw this mixture into a glass of wine and it leave the least sediment, the wine contains corrosive sublimate. Try this same wine thus: Put a gold coin on a piece of zinc, put both into a split made in a small stick and hold the stick in a large tumbler full of wine. Should a gray dust immediately appear on the coin, there is corrosive sublimate in the wine.

k) *By arsenic.* — If you dissolve lime in water till the latter becomes saturated, then pour off what is clear into a clean tumbler, and drop some wine into it, if the wine occasions white clouds, it is likely that arsenic is contained in the wine. To convince yourself still more fully, dissolve sugar of lead in aquafortis, pour a wineglassful of this solution into a bottle of wine into which a little salt of hartshorn has been previously put, and stir it. The next day pour off what is clear, and with the turbid part wash the sediment well out, and strain it through blotting paper, till the liquid has passed through; then after the sediment has been dried on the paper, put it upon live coals; if it smells like garlic, it is arsenic.

It is not meant, to imply that arsenic exists in the wine, by the intention of the wine dealer or vender; but that vintners, in the fumigation of their casks with sulphur, are ignorant, that the finest sulphur is apt to contain arsenic, remaining in it from its original preparation.

We recommend these last tests most especially to Clergymen and elders, because we know for certain, that adulterated wines have been sold for religious purposes instead of genuine wines.

## 2. ADULTERATION OF VINEGAR.

Vinegar is often adulterated. For this reason use cider vinegar, which may always be had pure. Wine vinegar often retains the poison of the adulterated wine, from which it has been made. There is frequently sulphuric acid in it. This you can discover by a solution of sugar of lead, which leaves a white sediment. Corroding vegetable poison is also fre-

quently used. Such vinegar will burn on the lips, which pure vinegar will not do; it leaves also an acid taste in the mouth. You can ascertain it still more positively by dropping a solution of potash into the vinegar, until litmus paper dipt in it no longer turns red. Pure vinegar will then have lost its sharpness altogether, and only taste like salt or lye, while a fabricated article will remain of a sharp and acrid taste.

### 3. ADULTERATION OF BEER.

Beer is frequently adulterated, but it is difficult to detect the poisonous ingredients, except by their pernicious effects. This is generally the case with the far-famed London brown stout or porter, into the composition of which those deleterious substances, *Nux Vomica* and *Cocculus Indicus* enter, which are probably used also in the imitations of porter made here. You perceive this by a sudden intoxication and headache the next morning, or by its producing nausea in a healthy person, after drinking a tumbler full of it on an empty stomach. Any brewer who uses other substances in his beer than malt and hops, brews an unwholesome beverage; salt and sugar may pass, but the effects of other substances will sooner or later be felt by those who drink the beer. It is an injurious deception to use bitter roots and herbs instead of sufficient hops and malt; but *Cocculus Indicus* is nearly as bad as arsenic. How alum and vitriol may be detected we will show in the sequel, under "Bread."

### 4. ADULTERATION OF BRANDY.

Sometimes there is poison in Brandy, with or without the fault of the distiller, particularly if the fermentation proceeds too rapidly or is continued too long. This you will perceive by boiling the brandy in a bottle put into a kettle full of water, over a slow fire, till all the spirituous parts are evaporated. An acrid, disagreeable taste proves the existence of poison;



and experiments similar to those recommended for wines will show what it is. It is usually lead.

### 5. ADULTERATION OF SWEET OIL.

Sweet Oil is often adulterated with lead or copper. Dissolve liver of sulphur in water and mix the oil with an equal portion of such solution; if it turns brown or black upon being shaken, it is poisonous.

### 6. ADULTERATION OF MILK.

Milk is sometimes mixed with potash or lime; by putting some aquafortis into it, it will foam. When milk has been adulterated with starch, it will thicken in boiling; or, if you strain it through fine linen, something will remain behind.

### 7. ADULTERATION OF BUTTER.

Butter often contains chalk, sand or dye-stuffs. Melt it in hot water, and the foreign substance will be precipitated or mix with the water.

### 8. ADULTERATION OF FLOUR.

Flour is often adulterated with sand, plaster, &c. Burn some of the flour or bread to ashes, and you will find the white grains in the ashes.

### 9. ADULTERATION OF BREAD.

a) *By potash.* — A trifling admixture of potash can affect only nervous, debilitated persons, but when there is too much, it may prove injurious to the strongest — occasioning dyspepsia and consumption. Pour hot water over the bread till it is quite covered, and let it get cold; then put a strip of litmus paper into it, which has previously been drawn through weak vinegar, and reddened thereby. If it turns blue again, there is much potash in it; the quicker it changes the more potash is there in the bread.

b) *By magnesia.* — Magnesia is also used as an admixture to give to bread, baked of bad flour, the appearance of good bread. This is principally injurious to children and to people of a weak stomach; you may perceive it in its taste being more or less bitter. Burn a pound of such bread to ashes, and you will find the magnesia.

c) *By alum.* — Alum is a very pernicious substance, and frequently used. In England the bakers make no secret of it, and mixtures of flour and Alum, or Alum and salt, are sold publicly — intended to make white bread out of inferior or spoiled flour — doubly detrimental to those who eat it, as spoiled flour is of itself unwholesome. Some bakers do it without knowing that they injure the health of their customers. To detect this adulteration, soak the bread in water, knead it till it dissolves, adding enough water to make it thin, let it remain over night, then strain it, boil it down and let it stand; the crystals of alum will adhere, and you can taste it.

d) *By copper.* — Copper is the worst of all adulterations, and thousands had been poisoned with it by the bakers in France and Belgium, before the physicians discovered the imposition. When a baker furnishes bread uncommonly white, fine, large and heavy, you should be on your guard. When such bread is burned, the flame now and then burns green. To convince yourself perfectly, soak some pounds of it in water, and add enough to cover the whole completely, let it get sour and stand until it becomes clear. If you suspend a rod of polished iron in it, and this turns ever so little red, you may be sure that the bread is poisonous, and will seriously injure the health of any one who eats it often.

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We will now call the attention of our readers to some other poisons, which ought to be known, that they may be guarded against.

We are apt to inhale poison in the air. Old wells, caves, cellars, vaults, and particularly old privies, frequently contain

air that is deadly poisonous; we should, therefore, not enter such places without proper caution, and previously purify the air by lighted straw or gunpowder. The fumes of charcoal, in a close room, or the exhalations arising from smouldering woodwork may cause the death of those who sleep, exposed to these dangerous influences. The dry rot in a house, which gradually destroys the timber and walls, can cause dangerous diseases to its inhabitants. Buildings in this condition are not tenantable, and ought to be pulled down, unless the dry rot can be removed, as indicated below. The smell of walls, newly whitewashed, of paint in new buildings, or wherever much painting or varnishing has been done, particularly with poisonous green or red colors, consumes the pure, and engenders a mephitic air. Nothing that has a strong odor ought to be suffered in sleeping rooms; no clothes to dry; no flowers, herbs, fermenting substances, fresh hay, poison against vermin, or quicksilver — all of which will prove injurious to the sleeping — and much more so to children, and females in their confinement. For in sleep, man is more exposed to external influences; and things, which he would hardly notice when awake, or the injurious effects of which he would easily overcome, will affect him seriously, and may kill him. A person may become ill from sleeping on a damp ground, exposed to a draught, in sunshine or moonlight, close to a hot stove, or in an atmosphere filled with odours of any kind.

Water is often impure, and people fall sick from using it. Springs which are avoided by cattle, and have a reddish or brownish sediment, are injurious. Whoever considers the loss of time which a trifling indisposition may cause to a whole family, will not deem that time lost which is spent upon improving the water.

Drink no water from rivers on which, a little higher up, there are manufactories, from which dye-stuffs and other noxious matters run into it. Spring or well water is hard, or

contains particles of lime or iron, if soap will not dissolve in it; such water ought to be boiled before using it. You should, however, not drink too much, nor too often of it, but rather accustom yourself to rain water, which can be preserved in cisterns, or in casks slightly covered. Water containing sulphurous or salty particles, ought never to be used for drinking or culinary purposes, except in cases of the greatest necessity, for water of this kind cannot be improved by boiling. Stagnant water from ponds, pools, &c., ought not to be used; yet, when no other can be had, improve it by throwing into it powdered charcoal, shaking it well, and straining it through a double linen or cotton cloth. It commonly contains putrid particles and eggs of insects scarcely visible, which occasion tedious fevers and other diseases; it will avail nothing to mix it with vinegar, molasses or brandy, if it has not been previously cleaned by charcoal.

Bad wells ought to be well cleansed and covered, for the water is hurtful, when leaves or other vegetable substances are rotting in it. Pipes of copper, lead or zinc, used to convey water, render it injurious. You should always let so much water run out, as may have stood in the pipes.

### MILK.

Milk is often noxious, nay, poisonous, from disease in the cows—and an individual not quite void of conscience, will rather sustain a small loss himself, than subject others to a loss ten times heavier.

Distiller's slops, continually used, never fail to produce disease in the cows, and render the milk highly injurious to the health of the consumer. Hogs when fed for a length of time upon this innutritious substance, have been known to lose their teeth, and become lean, and die in consequence.

### MEAT.

The meat of sick animals, slaughtered just before they were dying, is very injurious, particularly if the animal had



any eruption, or disease of the bowels. The consequences may not appear immediately, but they are certain to come some time or other.

Meat, badly smoked, or when undergoing the smoking process, not kept constantly in the smoke, or during that process exposed to frost; sausages smoked badly or kept too long and become greasy in places; hams, not salted sufficiently, or taken too soon out of the pickle, and smoked at intervals, or in the spring, when they get alternately warm and cold, or kept piled upon each other in boxes, or packed when damp—particularly when they are smeary around the bones, and have a bad, rancid smell,—contain a very violent poison, which, in many cases, may be the cause of incurable disease. It also originates in hams and meat, when preserved with pyroligneous acid, instead of being smoked. You can easily know the poison which is developed in fat, or cheese, or old ham, by rubbing it on blue litmus paper, when, if the poison is present, the paper will turn red or reddish.

The same poison is contained, though in smaller quantity, in rancid bacon, rancid butter, or rancid sweet oil. It would be best to throw away every thing of this sort—yet, if you must use them, let them be well washed. This should be done first in cold water, then in three or four times as much boiling water; let it boil about ten minutes, take it out of the water, wash it again in fresh cold water, and try whether it still contains the poison.

Whatever has become putrified—meat, blood, eggs, cheese, fruit, &c.,—is hurtful, often poisonous, and nothing can be done to improve it. Meat, preserved in summer by ice, and which has acquired a certain red appearance, having no longer the proper smell of flesh, is very unwholesome food. Putrid fish, though ever so well dressed, is a very dangerous food.

The gall of every animal is poison.

Poison is generated in curds and cheese prepared too damp, or without a sufficient quantity of salt.

## VEGETABLES AND FRUITS.

No one should eat vegetables or fruits of any kind, if he does not know them well; and children ought to be early accustomed to partake of no fruits &c., unknown to them. It is often the case, that poisonous insects infest vegetables, (cabbage in particular,) or leave their slime on them, and consequently render them very injurious. Mildew which blasts vegetables, is also poisonous. Ergot, which is frequently found in rye, is hurtful to man and beast. Also the seeds of many weeds are noxious. Dry vegetables, containing insects and worms, ought to be carefully avoided. Nuts taste sweet, and yet may contain rank poison. Even walnuts become injurious, when old and rancid, and occasion in many a child a dangerous cough or diarrhœa, often ascribed to a cold.

Raisins, figs and prunes are a very good relish, provided they are perfectly sound, though there are some persons who think them injurious, or even look upon them only as a kind of cathartics. This point is easily settled by a closer examination, which will show that the white dust adhering to the fruit and resembling sugar (though, in some instances, it may be sugar), proves to be a beautiful little grove of coral, thronged by large, bristly animalculæ. All such things ought to be carefully washed, first in cold and then in hot water. No wonder, that with children diarrhœa is produced by such bristly guests.

## MUSHROOMS

Are not so good in this country as in Europe, and are more than one half poisonous. It is not true that onions turn black from poisonous mushrooms.

The best precaution is, to eat none from which a milky juice exudes; none that are old or dissolve readily. As to all others, make inquiry and learn which are eatable. Taste them raw, and if they have anything acrid or disagreeable either in taste or smell, do not use them. Let them be well

washed in cold water, have them pared and every thing cut out that has been gnawed. When cut up, they should be scalded with boiling water, then stand, and afterwards be boiled in fresh water.

No one should eat fruit which is half ripe on one side and rotten on the other, at least not without first cutting out whatever is spoiled. If proper attention were paid in this respect, we should not be so frequently troubled with bowel complaints in childhood, and weakness of stomach in after years.

#### KITCHEN SALT.

Good kitchen salt being an indispensable article, every father of a family should endeavor to have it pure. When salt exposed to the open air easily becomes moist, it is bad. If an ounce of fine salt does not perfectly dissolve in four ounces of cold rain water, it contains plaster of Paris, and is injurious.

#### KITCHEN UTENSILS.

Care should be used in regard to kitchen utensils. Earthenware is often glazed with poisonous substances. Let vinegar stand in a vessel of this kind over night, and the next morning mix it with a solution of liver of sulphur in water. If it turns black, there is poison in the glazing. Nothing acid should stand or be prepared in such a vessel.

Caution is to be recommended respecting iron utensils glazed inside. Copper vessels ought never to be used for any thing that is sour; they should always be kept clean and polished and whatever is *cooked* therein ought *not to be left* to cool in it; for while it is cooling it will be most apt to imbibe the poison. The same should also be observed with regard to tinned utensils. If, during the process of cooking, you suffer the tin to melt off, or the bottom of the vessel is scraped by the stirring of its contents with a spoon, it is no wonder that we hear of so many slow and tedious diseases which no physician can cure. All those, who are so ignorant

as, when pickling, to give to cucumbers or beans a fine green color by boiling them in copper vessels, and then eat such trash on account of its fine appearance, or to draw vinegar from casks by a brass spigot, must not complain when they suffer from a weak stomach, or colic, or cramp or other nervous diseases; nor expect that a physician or any medicine can expel the copper out of the system as readily as it has been introduced. There are those who can bear it for a long time, yet the bad effects will inevitably follow sooner or later. The copper in its metallic state is not necessarily injurious when introduced into the body, but copper dissolved in vinegar is always poisonous. Coppersmiths are not apt to be more sick than other people, and a person swallowing a copper coin gets rid of it without sustaining any injury. You may have a leaden bullet in your flesh for years without detriment; but the same lead dissolved and taken would destroy you in a few hours.

### PAINTS.

For the above reasons paints are so noxious, because they all consist of metallic substances in a state of solution. White lead and other white colors are nothing but preparations of lead, and as bad as if prepared from bismuth or tinstone and tin. Red lead is lead combined with oxygen or acids, and vermilion or cinnabar is quicksilver combined with sulphur. Massicot, chrome, Naples and other yellow are compositions of lead. King's yellow, tinsel and orpiment are combinations of arsenic. Blue paints contain copper, as ultra-marine or that terrible poison Prussic acid, as Prussian blue, Paris blue, mineral blue, or cobalt, which, though not as pernicious as arsenic, operates badly enough; it is used as smalts, king's blue and blue starch. Green paints consist chiefly of copper, as verdigris, mineral green, Brunswic and other green. The chrome green is not less hurtful, but Swedish green the worst, because it contains arsenic and proves injurious even by ex-



halation. That it contains arsenic may be seen by strewing some on live coals, when it will smell like garlic.

Bronze which is used in gilding and silvering toys is composed of copper, quicksilver, zinc, tin and bismuth.

Therefore be careful with such paints, do not let their dust fly about, never use paints containing arsenic, nor suffer any to come nigh the things that are used in the kitchen. To small children no paintboxes, nor painted wooden or leaden toys should be given, because it is actually putting poison into their hands; colored wafers may also prove injurious to children.

Although mineral paints are the most poisonous, yet others also contain deleterious substances. Gamboge is a powerful cathartic. Indigo causes violent cramps and swellings. Cochineal causes toothache and obstruction of urine. And we might enumerate many others. However, where painting is to be done, use in preference chalk, dyed yellow with birch leaves or curcuma, or blue with indigo, or green with both; ocher and other iron colors; also woad, madder, orleans, cochineal and carmine.

### COSMETICS AND WASHES.

Of cosmetics and washes we cannot speak with any qualification, as it is known that all of them contain poison and poison of the worst kind. Cosmetics that are not poisonous will not keep long and such as do keep, are poisonous. There is but one true cosmetic, that is: fresh air and water, and a rational manner of life. To induce ladies to leave off the use of these poisons, the following method will be found most effectual. Let them, after using paint, wash themselves in the dark with water in which some liver of sulphur has been dissolved. It can do no harm, and will have the desired effect.

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Oil of vitriol, aqua fortis, spirits of salt, aqua regia, salts of white sorrel (used to take out spots) are dangerous articles,

and should never be left within the reach of children. Sulphuric acid much diluted is not poisonous; aqua fortis mixed with strong spirits is not so dangerous; but the others, however much diluted, operate as violent poison. The common, or caustic potash, lapis infernalis, hartshorn, unslacked and even slacked lime are dangerous substances. The injudicious use of these things given through ignorance in too powerful doses to sick or fainting persons, has been highly injurious and, in some instances, even fatal. They ought never to be given to smell, or otherwise used, except much diluted. Alum, vitriol, saltpetre, sal ammoniac and liver of sulphur used too profusely are also injurious.

Not only things containing mercury, arsenic, lead and copper are poisonous, but also those in which there is antimony, sulphur of gold and various powders. Also whatever contains tin, bismuth, zinc; lapis infernalis (in short every thing that is brought from an apothecary's shop), all minerals and chemicals are more or less dangerous. Even harmless things, improperly used, may prove so.

#### PANACEAS AND VERMIFUGES.

The worst, the most injurious of all poisons are those abominable Panaceas, nostrums, pills, &c., which, under numerous enticing names, are palmed upon the public. No physician will deny that sometimes cures have been performed by them, yet every one knows how seldom this has happened. No medicine will do good unless properly applied. From the manner in which Panaceas and other nostrums are extolled and recommended, it is apparent that those who offer them for sale are only anxious to find purchasers. Thus pulmonary consumption is no fixed disease, against which a specific can be recommended. It is so very different, and in almost every case so peculiar, that careful consideration is necessary to discover its nature. The remedies must be adapted to the peculiarities of the disease. One and the same

medicine cannot possibly answer in all cases. You cannot always rely upon the certificates which accompany the recommendations of these universal medicines. A case often appears worse than it actually is, and even medical men may be deceived; at the same time a trifling medicine, sometimes simply cold water, will cure it.

The great number of universal medicines which we see extolled as specifics against various diseases, certainly reflects no great credit on the inhabitants of this country. It proves the ignorance and credulity of the purchasers.

He who buys and uses such articles may be compared to him who buys a lottery ticket. The ticket venders are the only persons certain of a large profit. As many blanks as are in a lottery, as many blanks are there in these universal medicines; and the number of prizes in the one and of cures in the other are about equal. No man of sense will venture in a lottery, if he cannot spare the money which, in all probability, will be lost. But he who ventures in a medical lottery, not only loses his money, but, if he does not get a prize, receives certain injury, rendering his case worse, more obstinate and more difficult to cure. When a physician prescribes medicine for you, you know at least what you get, and should it prove injurious, may at least be counteracted; if you have not taken too much of such medicine, or persisted in the use of it for too great a length of time, it is always possible to make good the injury that has been done. But with those unknown universal medicines this is impossible; because we do not know what we are to treat. Whoever relies upon the impudent assertion that nothing injurious is contained in these nostrums, must be credulous indeed. We have mentioned already, in our preceding pages, that the poison from many plants is far more virulent than that from minerals.

Many of these universal medicines contain, also, mineral poison. For instance, the fever drops (diaphoretic tincture) contain arsenic; the imperial pills, mercury; and so with

many others. Many things of this kind are sold at an enormous price, and the ingredients of which they consist may be had in every apothecary's shop for a tenth part of their cost; for instance, Harlæm oil is nothing but a combination of sulphur with oil, and the value of a vial is less than half a cent. So it is with all others.

There is not a single one of these pretended secret medicines that a real physician might not have discovered and made known. A physician can apply every medicine in its proper place: the vender of nostrums cannot — his object is to make money; whether his medicine kills or cures is a secondary consideration.

Beware of giving children the so-called remedies against worms. Whoever is so inconsiderate as to fill the stomachs of his children with such trash, should first try these nostrums on himself, and every morning take a small spoonful. It will drive his folly from him.

This remark applies, also, to remedies for vermin on the head. These remedies in general are poisonous. Cleanliness is the best remedy, and should frequent washing and combing not avail, rub oil or a little tobacco juice into the hair. Cleanliness will also exterminate all other descriptions of domestic vermin, therefore do not run the risk of having poisonous remedies in the house, for they often contain corrosive sublimate or something similar and their very smell is injurious.

Camphor or even musk is frequently made use of against moths in fur and clothes, but their odour, especially in bedrooms, is very injurious. Camphor is, likewise, apt to affect colors, and the effects of musk continue even after it has evaporated. Pieces of Russia leather, lavender, thyme, spirits of turpentine, or tobacco leaves will answer equally well.

Vermin in grain is more easily expelled by strong smelling plants, and frequent shifting, than by poison; and there are



many instances, where notwithstanding the utmost precaution, men have been killed instead of vermin.

### WHAT IS TO BE DONE IN CASES OF POISONING.

The main object is to expel the poison as quickly as possible, and to prevent its spreading; or to render innoxious what cannot be expelled. Much depends upon promptness. Yet too much haste frequently leads to mistakes, and nervous agitation causes many to act without consideration.

The first requisition is, presence of mind. Whoever is possessed of this, should act, and direct what is to be done. Let him despatch the bystanders after what may be wanted, thus rendering those useful who would otherwise be worse than useless.

In most cases, when poison has been taken into the stomach, the principal object is to excite vomiting, particularly when the sufferer feels inclined to it; or if vomiting has already taken place, to promote it. The best means of effecting this is administering tepid water, and tickling the throat with a soft feather. The cases are very rare where such methods can do harm; they should be employed.

Let water be heated as quickly as possible; in the meantime take the whites of eggs and beat them to a froth. Take pure white Castile soap and let suds be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have some strong coffee made, and gruel of oatmeal, barley, flaxseed, or meal of any kind.

The principal remedies which are mentioned below, ought to be kept in every family.

Whilst you are promoting vomiting and procuring what is requisite, ascertain, if possible, what kind of poison the sufferer has taken. Sometimes a sudden case of sickness is erroneously attributed to poison. Consider, therefore, what may be the most probable cause of the attack, and should any uncertainty exist, do not over-hurry yourself. You may

do many things at random without doing any injury; you will have to do this until you attain certainty.

There is reason to apprehend poison, when violent, dangerous symptoms, such as are indicated below, occur suddenly, particularly if these show themselves at once, or some time after the sufferer has been eating or drinking. The probability is still greater, if the patient has eaten any thing uncommon.

Be therefore diligent in inquiring of the sufferer himself, as well as those who are about him, where he has been, with whom, and so forth. Preserve carefully what he has thrown up, and likewise whatever may have been left of his meals or drink. Do not suffer these things to be thrown away, although they should become putrified; for mineral poison can be traced notwithstanding, a matter which may prove interesting to the patient, or his relatives. Should this be a matter of importance, throw the whole together into one vessel, and pour plenty of strong brandy over it.

As in every serious case of the kind an experienced physician, or an apothecary, will no doubt be called in, let him subsequently examine these things.

The treatment must not, however, be deferred; the assistance must be immediate, and while it is being rendered, the cause must be ascertained.

Always consider, that he who is poisoned may die, if you apply too many things, or proceed with too much haste or violence. Reflect, and do one thing after another quietly and soberly, lest by the means applied you hurt the sufferer more than you do him good.

When you know what poison has been taken, or when you are almost certain, have recourse to such medicines, as are prescribed against that poison, avoiding such as might prove detrimental.

When you are uncertain, act according to the following direction, proceeding from mild remedies to stronger ones.

if the former prove insufficient. In cases of imminent danger you must, of course, use whatever remedy may be at hand.

*Vomiting* is always most important, whenever there appears an inclination for it, when the symptoms appear immediately, or soon after meals. Yet to administer an emetic is often as noxious as dangerous. The best and most harmless remedy is lukewarm water, without either oil, grease or butter. Let the sufferer swallow as much of it as he possibly can; at least every minute half a tumbler full, and more if possible. Try to induce children first by kindness, then by threats, and if neither will avail, by force. Open the mouth by inserting a finger at the joint of the jawbone, and pour in the water. Or you may, after the child has just been breathing, suddenly shut its nose and pour the water into its mouth; but beware of doing this while the child is breathing.

At the same time let the patient put his finger down his throat, or take a feather, put it into the throat, and turn it around till it excites vomiting. Let the patient incline forward, place your hand on his stomach, support his head, beating him softly between his shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed for a few minutes. As soon, however, as he feels another attack of pain, or other symptoms, such as retching, hiccough, or uneasiness, let him drink again until it appears probable, that every thing has been ejected.

If he cannot be brought to vomit, or if he cannot swallow, at least not sufficiently, or retches in vain, does not throw up as much as he drinks, or should he absolutely refuse to drink, and you cannot introduce enough, should he even swallow again what has come up, chew some bread and mix with it half a tablespoonful of snuff, put it on his tongue till it excites vomiting, and let him drink tepid water after it. With people accustomed to tobacco it will operate but seldom, with them therefore substitute mustard seed finely powdered, mixed

with a tea-spoonful of kitchen salt in a tumbler full of water, to be drank off at once; and afterwards tepid water. These means will always suffice, therefore, beware of using any other. In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco smoke into the anus. Take a pipe with tobacco, light it, grease the point of its mouthpiece with oil or fat, insert it in the anus, not deeper than about an inch, turning it carefully; then place on the bowl of that pipe the bowl of another empty one, and blow through this into the other, propelling the smoke inward. After blowing three or four times, stop; and then begin again, until relief is produced.

The next important remedy is *the white of eggs*. Have the white of several eggs beat up, mixed with cold water, and let them be drank. This will never do any harm, and will certainly give relief, if the poison is metallic, or if the patient is suffering violent pains in his stomach or bowels, feels as though he should purge, especially in cases of poisoning by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the white of eggs abundantly and repeatedly, when the substance vomited is of a red or green color, when dogs refuse to eat it, when the patient has a metallic, coppery, or salty taste in his mouth; in general, when you suspect that he has swallowed verdigris, red lead, vermilion, corrosive sublimate, &c. If the patient finds relief from the taking of white of eggs, you will continue it, and should he be afflicted with diarrhœa and pain in the anus, give him an injection of water and white of eggs. Subsequently proceed according to the directions given below.

Another very important remedy, in most cases of poisoning, and applicable when the white of eggs seems ineffective, is *soap-suds*. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost necessity, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap.



Dissolve this in hot water, and let the patient drink a cup full of it warm every three or four minutes.

*Soap-suds* will only prove injurious when the poison itself was alkaline, such as lye or potash, soda, caustic potash, oil of tartar, spirits of sal ammoniac, sal ammoniac itself, English smelling salts, salts of hartshorn, lime, slacked or burned, barytes (often sold as ratsbane, under a pretence of its not being injurious, because it is not arsenic). When the substance which the patient vomits, smells not sour, but like lye; when blue paper which had become reddish from having been drawn through vinegar, is turned blue by it; when it begins to ferment upon aqua fortis, or oil of vitriol, or sulphuric or muriatic acid being dropped into it — in all these cases you must not use soap-suds, but substitute vinegar.

Soap-suds is the principal antidote in poisoning by arsenic, lead, oil of vitriol, aqua fortis, all strong acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if scalded, when blue paper dipped in what he vomited turns red on the instant. Soap-suds is also applicable when a person has swallowed alum. It will also prove beneficial in poisoning by plants of a burning, acrid taste, exuding a pungent juice or milk; likewise in dangerous accidents from castor oil.

*Vinegar*, as already mentioned, is an antidote against alkaline poison. As soon as this is ascertained by observation, let the patient drink vinegar, and give him injections of it. Let him also eat slimy gruel, which will excite vomiting. But vinegar is injurious after strong vegetable poisons, various salts, all mineral acids, arsenic, particularly when the stomach pains when touched. On the other hand, it is of great service in cases of poisoning by Jamestown weed, aconite, laudanum, mushrooms, all soporifics, carbonic gas, and liver of sulphur. In such cases give alternately gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar again, which will remove the inclination to

vomit. Vinegar also answers against poisonous clams and fish. It is an important antidote against the poison generated in fat. If a person feels sick from having eaten spoiled hams or sausages, and his throat is very dry, and he feels nausea, hasten to give him vinegar to drink, not forgetting, however, the other remedies afore-mentioned.

*Sweet oil* is a remedy by far too generally applied; it is taken to be a principal one, which it is not. The same is the case with grease, butter, and similar things, as buttered water. Care should be paid to the kind of oil. Rancid oil, train oil, or sperm oil, ought not to be applied. Slimy substances will answer far better to envelope the poison, or sugar, which sooner soothes the stomach, or other means of neutralizing the poison. When you are sure that the poison is alkaline, and you are applying vinegar successfully, you may alternate with cream or sweet oil, particularly when the patient complains of burning in his mouth, throat or stomach. Oil, however, may be applied to great advantage, when a strong acid, aqua fortis, oil of vitriol, &c., has got into the eye, the mouth, the throat, or the stomach. Sometimes it is of service against poisonous mushrooms. Oil is injurious in poisoning by arsenic; useless in most poisoning by metallic substances, and very injurious when cantliarides have got into the eye, or the stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil, on the contrary, is of great service, when live insects have crept into the ear.

*Milk* is not so good as other slimy substances; but as it is more frequently at hand, it will do well to let the sufferer drink it, instead of waiting for other things. Rich milk is good wherever oil is good, injurious wherever that is injurious. Sour milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, rich milk is the best thing; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar; it may also

be applied where vinegar has already been used. Milk is very good when the first paroxysm has subsided, and yet some pain remains, provided the patient likes it, and feels revived by it. When you cannot ascertain what kind of poison the sufferer has taken, and you cannot, therefore, choose between the antidotes, but have given milk in the first instance, and the patient feels better after it, you may continue with it, on condition, however, that the patient has vomited at the outset so much, that you may suppose the poison has been ejected with it.

*Sugar* and sugar-water is in most cases one of the very best remedies. Only when you are certain that the poison is a mineral acid, or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned has a craving for sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum, and continue with it, if the patient finds relief from it; should he, however, not feel better, alternate with whites of eggs and sugar; or, where it is applicable, with soap-suds. Against arsenic sugar is also a principal antidote. When the poisoning has been effected by sharp acrid plants, which occasion a burning or swelling in the mouth, or in the throat, you may give sugar between other things, letting the patient either put it into his mouth, or giving it to him in water.

*Coffee* is an indispensable antidote in many cases of poisoning. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. In the intervals, do not neglect to excite vomiting, should it be still required. When the poison is unknown, coffee is the best thing you can give; when the patient is stupified, sleepy, senseless, giddy, as if intoxicated, his face red and full, or pale, cold and cadaverous; or when he acts as if he were delirious or raving,—in all these cases,

give him plenty of strong coffee, excite vomiting, administer injections of coffee, till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In all cases of poisoning, give coffee, if the patient desires it.

When the poison is known, and the tepid water intended to bring on vomiting, and tickling in the throat for that purpose has been resorted to, give coffee in abundance, as a drink and in injections, particularly where the poison contained Prussic acid, which you will know from its smelling like bitter almonds, or peach kernels, or peach brandy. Also against laudanum, opium, morphia, Jamestown weed, poisonous mushrooms, &c.; where a person has swallowed the juice of sumac; or when dangerous symptoms appear after medicine, containing belladonna, colocynth, valeriana, conium (cicuta); or after chamomile tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus or phosphoric acid have been swallowed, and particularly from poisoning by *Nux vomica* and strychnine.

*Camphor* is a principal antidote in all poisoning by vegetable substances, and particularly sharp, acrid, burning poisons, which cause inflammation and redness; in all cases of poisoning, where the patient suffers from vomiting and diarrhoea, is pale, cold as ice, and almost senseless; in such cases, if you do not know what kind of poison has been taken, you should prefer giving camphor. It will suffice to let the patient smell it, or rub it on his skin. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal remedy for poisons from insects. Against cantharides, (Spanish flies), whether they have been swallowed, or got into the eye, or when used as a plaster, and they have produced a poisonous effect, camphor is always the best remedy. Also when venomous insects or infected honey has been swallowed, for swellings or poisoning caused by hairy caterpillars, for violent symptoms after food, in which



small bugs or worms may have accidentally fallen, or when small moths have been swallowed — likewise in alarming symptoms caused by the sting of insects.

When, together with other symptoms, the patient finds it difficult to make water, or it is very painful to him, and intermixed with blood, you may always presume that this originates from Spanish flies, or other insects, and camphor is the best remedy.

Camphor, finally, is applicable to diminish the effects which medicine may have produced; when children fall sick after the usual preposterous worm medicines; in accidents from tobacco, bitter almonds, and medicines that have the smell of these things, or cherry stones, peach kernels, acorns, or nuts.

It is very useful for the pains left by the use of phosphorus, poisoning by minerals, or acids, and particularly salty things. When every thing has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents caused by inhaling the fumes of coal or charcoal.

The ingredients sometimes requisite, such as charcoal, lye, kitchen salt, starch, green tea, tobacco, are in most families; the other things, often as necessary, such as magnesia, spirits of nitre, spirits of sal ammoniac, ought to be kept likewise, being useful not only in cases of poisoning, but in many other diseases. In cases of poisoning, things of this kind can only be serviceable where the poison is perfectly known. They will be mentioned in their proper place.

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From the preceding remarks it is evident, that, in cases of poisoning, measures ought to be immediately adopted:

1st. To excite vomiting.

2d. To lessen the effect of the poison.

At first you will have to attend to both alternately, subsequently to the latter object only.

The usual emetics are poisonous, and may therefore prove injurious; it is, therefore, best to excite vomiting by the following means: —

Drinking lukewarm water, as much and as often as possible.

Tickling the throat; and only when this proves ineffective, Snuff put upon the tongue; or in cases in which this has no effect,

Ground mustard with salt in water; and only in cases where nothing can be introduced into the mouth,

Injectations of the smoke of tobacco.

The principal remedies to lessen the effects of the poison, when the poison itself is unknown, are, where there is great pain, water and the white of eggs — where insensibility predominates, coffee.

As soon as it is ascertained whether the poison is an acid, a metal, or an alkali — if acids and metals, give soap-suds; if alkali, give vinegar.

All other remedies are only applicable when you know what kind of poison you are treating for.

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#### TREATMENT WHEN THE POISON IS ASCERTAINED.

Generally, the same rules hold good; besides attending to the vomiting, however, administer immediately the remedies here recommended.

The antidotes recommended against each particular poison, have been arranged according to their efficacy, the most efficacious being mentioned first. When these are not at hand, give what can be first procured. If a person, for instance, has swallowed sulphuric acid, it would be a folly to wait until magnesia or white soap could be brought from the apothecary; where this cannot be had on the spot, take a hand-

ful of wood ashes, stir them in water, and let this be drunk immediately, although it will not answer as well.

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## I. POISONING BY INHALING GASES OR BY SUBSTANCES INTRODUCED INTO THE STOMACH.

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### 1. POISONOUS GASES, THEIR ANTIDOTES AND TREATMENT.

a) *Gases produced in places deprived of fresh current of air.* In deep privies that have not been cleansed for a length of time; in places deprived of a fresh current of air, where offal of animals is suffered to decay, a poisonous gas of a fetid, offensive smell resembling that of rotten eggs, and in which polished metal, particularly silver, turns black, is generated. Such gas inhaled will cause nausea, nervousness and difficulty of breathing; the pulse becomes feeble, there is an expression of languor about the eye; a coldness is felt in the ears, the abdomen is contracted, and unless the sufferer is speedily removed from its influence, convulsions and apparent death ensue, which latter, if no medical aid is afforded, will terminate in actual death. The best remedy is chloride of lime. Before persons expose themselves they should provide chloride of lime; some of it diluted with water will destroy the fetid gas, and enable them to work in such places without danger. The bad smell is speedily removed by throwing in a few shovels of quick lime.

The person who has met with such an accident, should immediately be brought into the fresh air, undressed, and placed on his back, the breast elevated. Throw cold water on his face and breast. If you have a solution of chloride of lime in water, dip a sponge in it, and hold it occasionally before his nose. The solution should be rather weak, so as not to excite cough in a healthy person who inhales it. Put a tablespoonful of the strong solution into a tumbler full of water, and bring half a teaspoonful into the mouth of the

sufferer. Repeat this from five to ten minutes, discontinuing gradually as the patient improves.

Vinegar can be had sooner; mix it with an equal portion of water, and sprinkle the face with it — and hold a sponge dipt in vinegar before the nose and the mouth.

During this time the patient should be rubbed with hot flannel. If you have sprinkled his face with cold water or vinegar, wipe it dry after a little while; then rub it with hot flannel, and repeat the sprinkling. The feet, the abdomen, breast, and arms particularly, ought to be well rubbed. The soles of the feet and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently and perseveringly. Life sometimes does not return in less than three or four hours.

If the patient, apparently dead, does not breathe at all, it is useless to hold a sponge before his nose; only try from time to time, by holding a light feather there, whether his breathing has recommenced. Occasionally blow breath into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the patient, (whose nose should be closed,) and blowing in the breath gradually. If this expands the chest, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the chest, and after the breath has been blown in, tighten it gently. By thus producing an artificial respiration, a person apparently dead may often be restored again, but he, who undertakes the operation should himself be healthy, and have a clean breath, and either drink some vinegar, or rinse his mouth with it occasionally. As soon as the patient makes an attempt at drawing in his breath, or at exhaling it with a sigh, discontinue; gently fan fresh air toward him, and only when the breath becomes stronger hold a sponge to his mouth, dipped in a very weak solution of chloride of lime, or vinegar. Care



must be taken indeed, lest you extinguish the feeble life which is just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar on his tongue. If he complains of cold, inclination to go to stool, or nausea, and vinegar will not remove these symptoms, or the patient is getting tired of the vinegar, give him a little coffee without milk. If he complains of heat and great weakness, give him a little good old wine. The smell of camphor, too, is often beneficial; in this respect consult the wishes of the patient; whatever is most agreeable to him, or affords him relief, deserves the preference.

Another mephitic gas, which is suffocating, is generated in deep wells, vaults and lime furnaces. It has not the above bad smell, but makes him who inhales it sleepy, giddy, and at last senseless. Persons affected by it will usually revive in a short time, by bringing them speedily into the open air, sprinkling them with cold water and vinegar, and pouring coffee into their mouths. Do not act with too much precipitation—delay is not dangerous in such a case. If respiration does not return, it will be necessary to inflate the lungs, by breathing into the mouth.

*b) Gas generated by charcoal.*—The gas arising from charcoal is a most dangerous poison, particularly to persons sleeping. Never sleep with lighted charcoal in a room which has not an open fire-place. The same applies to stone coal. Old woodwork, too, has been known to glimmer and smoulder for days, without any smoke being perceptible; the inhabitants of the house, paying no attention to the somewhat smoky smell, have been found in the agonies of death, before the smouldering was at all perceptible.

It is remarkable that all persons who are exposed to this gas, become so feeble as to be unable to go into the air, to open doors or windows, or to call for aid. They suffer much and know the danger, but cannot make up their mind to move from the spot, in order to save themselves. A similar

sensation seizes upon those who, in extreme cold weather, sit down in the open air to rest themselves—they know the fate that is before them, but want energy to resist it.

The symptoms of having been poisoned by gas produced from coal, where animation is not yet suspended, are headache, with nausea, retching and vomiting—sometimes of blood; a heavy burden seems to oppress the chest, the face becomes red, and at last purple and bloated, the patient is seized with involuntary and hysterical weeping, talks incoherently, falls down suddenly, is seized with fits and convulsions, and finally becomes perfectly unconscious, and is seized with apoplexy.

Carry the patients into the fresh air, rub them with vinegar, and let them inhale the vapor of vinegar. If the face is already very red, and they begin to rave, throw ice-cold water on the head. In general, it is well to make cold applications to the head, and warm applications to the feet. When the patient has somewhat recovered, it is well to give Op., and to dispense with the vinegar. If Op. gives relief, but only for a short time, repeat it. After some hours, or earlier, if Op. does not seem very efficacious, give Bell., and allow it sufficient time to operate. If the patient is very much excited, talks much and rapidly, complains of shooting pains, or if it seems to him as if he were flying, feels giddy when lying down, give him a little coffee without milk, and continue it until the symptoms require Bell. or Nux vom.

c) *Dry rot in old buildings.* — The effect produced by dry rot in old buildings is similar to that produced by coal fire, only it operates less suddenly. The best thing is to quit such houses or to rebuild them; but, if people have to live in them, they should try to kill the dry rot by coal dust. Place this, as much as possible, above, below and about the spot where the dry rot appears. The spots themselves may, from time to time, be washed over with a strong solution of blue vitriol or sulphate of copper. To guard against the effects of dry

rot, take from time to time a little rain water, in a gallon of which a few drops of sulphuric acid have been mixed.

To obviate the bad effects of the gas produced by chloride of lime, to which many persons are exposed, smoking tobacco is the best; or drop some strong brandy, rum or spirits of wine on a piece of loaf sugar, and take it in your mouth.

d) *Prussic or mineral acids.* — For the effects caused by the inhaling of poisonous vapors, of Prussic acid or mineral acid, the best remedy is spirits of hartshorn, or of sal ammoniac; but by no means apply the vial containing such spirits close to the nose; this would only increase the evil; rather move it at the distance of about six or eight inches from the nose and mouth slowly to and fro, so as to smell it very faintly. Repeat this as often as necessary, or put a drop upon paper and introduce the paper into a large empty bottle, and smell the bottle from time to time. If the vapors were from alkali, such as have been mentioned before when speaking of the alkaline poisons, this remedy does not answer. In this case, the patient should inhale the vapor of vinegar.

Whether the vapors are from acids or from alkali, may be discovered by litmus paper. Acids will turn it red, alkali will turn that which has been turned red by acids blue again. In cases of poisoning by acid vapors, you may put one drop of spirits of sal ammoniac into a tumbler full of water, and give of this mixture a teaspoonful every ten minutes. In poisoning from vapor of alkali, give from time to time a teaspoonful of vinegar.

It is very injurious to sleep in rooms which have not been ventilated, or have been shut up for a long time. The air has then become stagnant and putrid, — we may almost compare it to the water in standing pools — and produces nightmare, frightful dreams, visions, depression of spirits, and fearfulness approaching to horror. The best preventive is proper ventilation, not by opening the windows merely, but by introducing a strong draught of air, increased by the

waving of towels, or a blazing fire in the fireplace. Water placed in shallow vessels about the room will likewise answer. But, if the purification of air has been neglected, and the consequences ensue, give Acon.; for horror, Op.; for continual fear and shudder, Verat.; for headache and other effects arising from sleeping in an apartment, where there were flowers emitting a strong scent, or from sleeping on new hay, fresh air and cold washing will be good, besides the smelling of camphor, or Nux vom.

In complaints caused by sleeping in rooms which have been recently white washed, or where clothes have been hung up for drying, or where a large quantity of clothes has been kept after being dried, or where many growing plants are standing in a confined place, and where fruits or vegetables are lying, Bry. will generally be beneficial, sometimes Bell. See "Headache."

If the painting of houses, rooms and furniture has produced complaints which do not altogether disappear upon going into the open air or after washing with cold water, Acon. or Bry. or Sulph. will prove beneficial, and sometimes Op. It is well to put a tub with cold water into the bedroom; the water must be renewed every evening. It will absorb the poison. In general, painting ought to be done in autumn only, and when the weather is dry and cool; for the smell will then soonest disappear, the paint adhere best, become dry sooner, and be less liable to be spoiled by insects and dust.

## 2. POISONING BY MINERAL AND OTHER STRONG ACIDS, THEIR ANTIDOTES AND TREATMENT.

In cases of poisoning by sulphuric acid or oil of vitriol, muriatic acid or spirits of salt, nitric acid or aqua-fortis, aqua-regia, salts of wild sorrel, phosphoric acid, acetic acid, wood vinegar, or too much strong wine-vinegar, the poison may be known by a sour burning taste and smell, a burning acrid heat in the throat and the stomach, acute pains in the stomach



and intestines; drinking increases the pains — the breath soon becomes offensive; what is vomited tastes very sour, ferments, and blue litmus paper dipped into it turns red; frequently the inside of the mouth looks as if scalded, marbled. In this case give:

1. Tepid soapsuds in great abundance.
2. Magnesia — a spoonful in a cup of water — after every fit of vomiting, or repeated when the pains increase. Burnt magnesia is not so good as common.
3. Chalk powdered and mixed with water.
4. Woodashes — a spoonful mixed in a tumbler full of warm water.
5. Potash or soda — dissolve as much as will lie upon the end of a knife in a large tumbler of warm water.

Give Nos. 1 and 2 alternately; the others are intended merely as substitutes until the former can be procured.

After the patient has vomited sufficiently, let him drink gruel or barley water, pearly barley, decoction of linseed or rice, or any thing else slimy that is at hand, and let him use nothing else for several days. When the worst is past, give after sulphuric acid, Puls.; after muriatic acid, Bry.; after nitric acid, Hep.; after phosphoric acid, Cof.; after other acids or wood-vinegar, Acon. Before administering these medicines, try what smelling camphor will do.

When strong acids have got into the eye, oil of almonds is best — or fresh unsalted butter; occasionally you may apply chalk, mixing it previously with water until the latter assumes a curdled appearance. Pure water is injurious, and should not be used until later to wash the eyes.

For an external scald or burn with strong acids, limewater is good, or a salve made of limewater and sweet oil.

### 3. ALKALINE POISONS, THEIR ANTIDOTES AND TREATMENT.

Pot and pearl ash, lapis causticus, lye, salts of tartar, soda, ammonia, corrosive spirits of sal ammoniac, spirits of sal am-

moniac, English smelling powders, salts of hartshorn, spirits of hartshorn, burnt and unslacked lime, may be known by the alkaline, urinous, acrid taste, — no fermentation in what is vomited; — litmus paper which has been turned red by acids becomes blue again; the symptoms are nearly the same as from acids, only what is thrown up is not sour.

1. Stir two tablespoonfuls of vinegar in a glass of water, warm, if you have it at hand, and give, every five minutes, a wineglassful of it.

2. Lemon juice or other acids, but greatly diluted; or sour fruit bruised in water.

3. Sour milk.

4. Mucilaginous drinks and injections. Emetics are very dangerous, and vomiting should only be excited by these drinks, and by tickling the throat with a feather.

In poisoning with barytes (a peculiar kind of heavy, white earth, which is sometimes sold as ratsbane), pure vinegar is injurious; in this case give merely mucilaginous things and oil, and excite vomiting until you can procure Glauber salts (sulphate of soda), which should be dissolved in vinegar and then diluted. Afterwards let the patient sometimes smell of camphor, or if this is of no use, smell sweet spirits of nitre. After potash, Cof. may frequently be given, and afterwards Carb. veg.; after spirits of sal ammoniac, Hep.

#### 4. OTHER SUBSTANCES WHICH HAVE A POWERFUL EFFECT, THEIR ANTIDOTES AND TREATMENT.

a) *Liver of Sulphur.* — To counteract the effects of liver of sulphur take water, with some vinegar or lemon juice, oily and glutinous drinks and injections. If much drinking and tickling of the throat does not produce vomiting, give a weak solution of tartar emetic. After the patient has done vomiting, give vinegar, if it gives relief; if not, Bell., and no more vinegar.

b) *Iodine* is often given as a medicine, although it sometimes produces sudden and dangerous effects. Give, 1. Starch stirred in water; 2. Paste made out of it. 3. Wheat flour and afterwards, thin mucilaginous drinks. For the remaining symptoms give Hep.; sometimes Bell.

c) *Phosphorus*. — Oil and fat of all kinds are dangerous. Give merely mucilaginous drinks and excite vomiting as quick as possible; if you cannot succeed immediately, take tobacco or mustard. Afterwards coffee without milk. Some hours after it a spoonful of magnesia has frequently a good effect. If neither this, nor the smelling of camphor gives relief, take *Nux vom.* If the patient wishes for it, give a little good old wine or brandy, but only a few drops on sugar.

d) *Alcohol*, or strong spirits of wine and ether, taken inadvertently, may produce dangerous consequences. Generally it suffices to give milk and mucilaginous drinks. If it does not get better, give a drop of corrosive spirit of sal ammoniac in a glass of sugar water, a teaspoonful at a time. Throw, also, cold water on the head; and place wet towels on the region of the stomach. If that does not give relief in a short time, give *Nux vom.* and, as long as the stomach can bear it, mucilaginous drinks. Afterwards, coffee without milk.

e) *Prussic acid*. — Known by the smell resembling that of bitter almonds. It operates so rapidly that you must lose no time in administering the proper remedies. In such a case there is no time to excite vomiting. Let the patient smell spirits of sal ammoniac, held at a little distance. Drop a little on a handkerchief, and hold it so that only a faint exhalation may reach him. Or, put a drop of it into a tumbler full of water, stir it, and give him a teaspoonful of it every three or five minutes. As soon as you can, get coffee made, give plenty of it to drink, and also in injections. If no other remedies are near, let the patient smell camphor or vinegar,

and inhale the vapor. Afterwards give Cof. or Ipec.; and if this does not remove all the symptoms, give Nux vom.

*f) Alum.*—Give soap-suds or sugar-water until vomiting ensues; afterwards Puls. or Verat.

*g) Vitriol, white, green and blue.* — Give sugar and warm water, or the white of eggs dissolved in cold water, until the patient has vomited several times; afterwards give gruel, &c.

*h) Saltpetre and Sal Ammoniac.*—Give tepid water, melted butter mixed with water, until the patient vomits copiously; then plenty of mucilaginous drink.

#### 5. METALLIC SUBSTANCES, THEIR ANTIDOTES AND TREATMENT.

*a) Arsenic.* — Arsenic is contained in Ratsbane, fly-stone, cobalt, king's yellow, orpiment; in fever drops, salves and plasters for cancers, and numerous secret remedies, particularly in those for horses and cattle. For cases of poisoning with arsenic give, 1. Soap-suds; 2. Water with white of eggs; 3. Sugar water; 4. Milk. As soon as the patient has vomited, repeat the remedy. There is not much danger when copious vomiting brings up every thing. Vinegar is of no use, and oil is rather injurious.

The best antidote for arsenic is the liquid acetate of iron. If you cannot get it at a druggist's you may easily prepare it yourself, by mixing a hot solution of copperas in water with a hot solution of twice as much carbonate of soda, straining the whole through a piece of linen or muslin and stirring the thick mass, which remains upon the cloth into strong vinegar (2 table-spoonful to  $\frac{1}{2}$  tumblerful of vinegar). It is to be taken by the table-spoonful at first every 10 to 15 minutes.

Fresh blood has been recommended still more recently as the best antidote to arsenic. Experiments have been made with calfsblood, but, in case of necessity, the blood of pigeons, owls &c., will answer; it may also be obtained by bleeding an animal. The proportion is two spoonful of blood to each



grain of arsenic. Stir it well before administering it, or let the patient drink it slowly that it may not coagulate. After drinking it he must endeavour to retain it on the stomach, as long as possible.

Subsequently, give *Ipec.* several times; if the patient still feels very uneasy and irritable by night, is also feverish, give *Chin.*; if he is worse during the day, after sleeping—if he is constipated, or has slimy diarrhœa, give *Nux vom.* If *Ipec.* leaves frequent nausea, vomiting, with heat or cold, and great weakness, give *Verat.*

The liquid which hatters use in the manufacture of fine hats contains arsenic. The wearing of such hats frequently causes eruptions on the forehead, or sore eyes. Have the hat well lined with silk and leather, and for the bad effects give *Hep.*

b) *Corrosive sublimate.* — For this poison give, 1. the white of eggs in water; 2. sugar-water; 3. milk; 4. starch from wheat flour, dissolved or boiled in water; 5. flour paste.

White of eggs in water is the principal remedy; you may give it alternately with sugar-water. The remaining symptoms require the same treatment as those from poisoning by medicine. See "*Mercury.*"

c) *Copper, Verdigris.* — For these or any other preparation of copper, give, 1. white of eggs; 2. sugar—both with or without water; 3. milk; 4. other slimy things.

If aid can be rendered immediately upon the taking of the poison, and you have sulphur at hand, take a flat piece of iron, and make it red hot. Then, let the sulphur melt on it so that it runs along its surface, and let it drop into water. After that take the sulphur, grind it, and mix it with water, shaking it well. After the coarser particles have settled, let the patient drink the water quickly by tablespoonsful or whole cups. It will, also, answer in cases of poisoning by other metals. But if it can not be given immediately administer the white of eggs forthwith.

d) *Lead*. — In this case give, 1. Sulphurated iron, prepared as above; 2. Epsom salts or sulphate of magnesia; 3. Glauber salts or sulphate of soda. The former is the best; when it cannot be had, take the latter. A tablespoonful dissolved in a pint of warm water, and drank often and abundantly, in proportion to the quantity of poison; 4. white of eggs; 5. soap; 6. milk.

After the salts or soap give mucilaginous drinks and injections.

e) *Nitrate of Silver, Lunar Caustic, Lapis infernalis*. — Give common salt dissolved, in abundance; afterward, mucilaginous drinks.

f) *Antimony*. — For this either as antimonial wine or tartar emetic, give, 1. a decoction of gall-nuts, or oak bark, or the peel of pomegranates; 2. coffee without milk, in large quantities; 3. mucilaginous drinks.

For convulsions give Op.; for nausea and other effects, Ipec.

g) *Tin*. — For poisoning by tin, give, 1. white of eggs; 2. sugar; 3. milk.

Poisoning by tin occurs very often, from sour victuals being left in tin vessels. Things that are sour or sourish should never be allowed to cool or to remain in metal vessels, nor should silver, tinned or tin spoons be left in victuals. Sour things should only be kept in stoneware, porcelain or glass.

The chronic effects of tin, which occurs so frequently, are mitigated by Puls.

#### 6. VEGETABLE POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Poisonous mushrooms* — they generally do not produce any visible effect until several hours after they have been taken. The belly becomes enlarged, with a cutting pain in the region of the stomach; vomiting and purging preceded by thirst, nausea, hiccough, agitation; coldness of the limbs,

small pulse, numbness, or incoherent talk and convulsions. If these symptoms appear, promote vomiting, and let the patient drink much cold water, as cold as it can be had; from time to time give finely powdered charcoal, made into a sort of paste with sweet oil. Should this afford no relief, let the patient smell gently of spirits of sal ammoniac. The remaining symptoms are mitigated by wine or coffee.

b) *Blighted corn, Ergot.* Blighted corn, or those thick, black grains in Indian corn, rice, wheat, rye or other grains; also the sweet or black rusty taint in grain is very injurious to man and beast. The ill effects of it however can be counteracted by the common black nightshade, bruised in cold water, and then hot water poured on it. Inhale the vapor or wash the cattle with it.

External injuries from plants which exude a pungent, milky juice, and which are very common in the country, are cured by washing with soapwater and afterwards with brandy. If some of the juice has got into the eye, apply the oil of almonds, unsalted butter or milk; if it has got into the stomach use soap-suds, milk, &c.; but neither acids nor emetics. The same holds good of all acrid, burning, corrosive vegetable substances, as gamboge, euphorbium, &c.

c) *Intoxicating plants.* For plants which are intoxicating, making the person who takes them drunk, or depriving him of consciousness, making him delirious and raving, the principal antidote is, coffee drank in large quantities and given as injections. For some of these substances vinegar answers very well, such as opium, laudanum, or poppy heads and James-town weed. If the patient has a red face, red eyes, looks wild and stares, cold water thrown over him is very useful.

For parts of plants which smell of bitter almonds, and consequently contain that virulent poison "Prussic acid", such as bitter almonds, peach kernels and laurel leaves; also for cordials prepared with them, such as cherry brandy, persico and noyau; many preparations called medicines, all easily

detected by their peculiar smell and bitter taste and by their effects: heaviness, giddiness, oppression, particularly on the chest, first a quick, afterwards a slow pulse, lameness or a feeling as if lameness were about to ensue: for all these coffee without milk is the chief remedy, and in very dangerous cases, spirits of sal ammoniac, of which the patient may smell gently from time to time, or mix a few drops in a tumbler of water and give every ten or fifteen minutes a teaspoonful.

d) *Opium or laudanum.* For poisoning with opium and laudanum, the seeds of poppy, or a decoction of poppy heads, which are foolishly given to children to make them sleep, coffee is the best; before this can be got ready give vinegar; if the patient lies insensible, beat him hard on the back and fundament until consciousness is restored. Emetics are useless, and if the drinking of coffee does not produce vomiting, try to force it with cold water and tickling the throat with a feather. Sometimes a tea made of oats will answer (that is common oats such as are given to horses), wash well a large handful of these, and then pour two or three cups of boiling water on them. Give a teaspoonful at a time. Some time after, it is well to give Ipec., repeating it a couple of times, and if the pains remain, after some days, Merc. viv. For the seeds of thorn apples, Stramonium, Jamestown weed, vulgarly Gymson weed, give also coffee, lemon juice or vinegar in large quantities; if no vomiting ensues, tobacco is very applicable in this case; for the remaining symptoms give Nux vom.

e) *Poison vine.* Poison vine is apt to cause a complaint similar to St. Anthony's fire. Rubbing or scratching is not advisable, and washes or unguents to drive in the infections are highly injurious. If careful washing with soap and water does not relieve the itching, try rubbing with wheaten bran, or dusting with hair powder. Let the patient abstain from every thing that is heating and stimulating, and give Bry.;



to be repeated if the complaint gets worse. If the irritation is in the face, and Bry. does not give relief, give Bell.

f) *Pink root*. In cases of poisoning by that noxious plant, "Pinkroot", (*Spigelia*), so frequently given for worms, let the patient smell camphor, give him coffee without milk, and if after some days some symptoms, palpitation of the heart, giddiness, &c., still remain, give Merc. viv.

g) *Camphor or Saffron*. In cases of poisoning with Camphor or saffron give coffee without milk till it brings on vomiting, and if all the symptoms do not disappear, Op. every hour until they cease.

Spirits of turpentine. In cases of poisoning with spirits of turpentine Op., Bell. or Bry. will prove efficacious.

For all other vegetable substances let the patient smell camphor, and give him coffee to drink if the camphor does not afford relief. When the effect is more benumbing, weak vinegar may also be given; when very painful, soap-suds and milk.

#### 7. ANIMAL POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Spanish flies*. Spanish flies, (*cantharides*), or plasters made thereof, contain a virulent poison; it is worse when it gets into the stomach or into the eyes. It causes violent burning, aggravated by oil, fat, milk, &c. The best, both inwardly and for the eyes, is the white of eggs, tepid, slimy substances, such as gruel, &c. Put these thick into the eye, or if you have nothing else, use flour, and do not wash and rub too much, but let some person extract the poisonous substance with a narrow strip of linen rolled into a point, (as you would make a lighter).

For all bad consequences from taking cantharides, or from their application in blisters, and for similar poisoning from other insects, camphor is the chief remedy. Let the patient smell it every minute, and rub with spirits of camphor the

parts most affected. For headache rub the temples; for violent pains in the kidneys or bladder, rub the loins.

b) *Poisonous honey.* After poisonous honey, camphor is also most to be recommended. Smell of it and rub with it. Inwardly give warm tea or coffee without milk.

c) *Hair of caterpillars.* The hair of caterpillars is apt to cause violent inflammation. Do not rub, for it will only make it worse; but apply handkerchieves which have been moistened with spirits of camphor.

d) *Shellfish and other poisonous fish, &c.* Among shellfish, such as clams, muscles, cockles, &c., we sometimes find some which are poisonous and produce troublesome complaints. If there is an inclination to vomit, encourage it; give charcoal with sugar and water, or in molasses: let the patient smell camphor and afterwards drink coffee without milk. For eruptions and swelling of the face give Bell.

If poisonous fish produce bad symptoms, give finely powdered charcoal with brandy, and if this affords relief, some hours after, coffee without milk; if it does not afford relief, give quantities of sugar to eat or to drink in water; if this also proves ineffectual, give weak vinegar internally and externally.

When the poison or urine of toads, frogs or Lizards has got into the eye, rub in the saliva of a healthy person, and give Acon. every hour, or whenever it is worse. If the poison has entered the mouth, take first a tablespoonful of finely powdered charcoal with milk or sweet oil. If sudden and dangerous symptoms appear, let the patient smell spirits of nitre. Some time after give Ars.

e) *Poison of fat in half-putrefied meat.* The poison of fat generated in half-putrefied, half-sour meat, blood and fat, also in cheese, particularly in blood-puddings, liver-puddings, sausages, head-cheese, sour pork, bacon and hams, old rancid goose-grease, and substances not sufficiently or regularly smoked is very injurious. It is generated very fast, and

things which were eatable to-day, may be poisonous to-morrow. The principal symptoms of this poison are: heart-burning and nausea, a feeling of dryness in the throat, extending, by degrees, into the mouth, the nose, ears and even the eyes, and which after some days produces cracking of the skin on the eyelids, the sides of the nose and the points of the fingers. The voice becomes hoarse very soon, the pulse is slow and weak; hunger and thirst are very great, but the patient can scarcely swallow any thing. It is generally attended by great weakness, the eyelids seem lamed, the pupil of the eye is distended, and the patient does not see distinctly, but as if he were looking through a fog, or he sees every thing double. The abdomen at the same time is tight, with much pain and constipation; finally, the knees and feet become stiff. If the patient does not die in a few days, a tedious, incurable disease will remain.

Any one who has eaten of such things, and after some hours notices these symptoms and their gradual increase, should not be tardy in applying the proper remedies. If within four or five hours after the meal he feels disposed to vomit, let him drink tepid water to bring it on. Sometimes the burning and dryness in the throat are supposed to arise from acidity in the stomach, and people take magnesia, which does no good; or they imagine it to be from corrosive poison and take oil, which likewise is useless. The only things that can do good are acids. As soon as the stomach has discharged its contents, give weak diluted vinegar; let the patient wash himself with it and gargle with it. Lemon juice answers still better. When the patient is getting tired of the acid, give from time to time some sugar. Occasionally you may give a cup of coffee without milk, or, what is still better, strong black tea. If the dryness does not diminish or returns again, if slimy injections do not produce any evacuation, give Bry., and give it six hours to operate. If a temporary improvement takes place, give Bry. again, as often as it gets worse.

None but slimy injections, with a little acid, ought to be administered.

What Bry. does not take away, may often be removed by Phosph. acid.; should lameness or dryness remain, give Ars.

#### 8. POISON GENERATED BY SICKNESS OF ANY KIND.

*Sickness of any kind in man or beast* generates poison in a similar manner, as putrefaction does in animal substances. These poisons differ as much in their nature as the diseases themselves; some produce but a trifling, others a very considerable effect; some by mere evaporation, but most of them when they enter the blood or the stomach. Every one shuns what a sick person ejects, and thus a natural loathing preserves us from these baneful influences. For this reason careful people avoid the garments of those who have for a long time suffered from a dangerous disease. But against diseased animals we are not sufficiently on our guard; their exhalation alone proves injurious in many cases. Thus, that of a horse having the glanders, may effect a human being with a disease quite different. Still worse are all the excrements of sick animals: their saliva and the pus from sores is always poisonous; but notwithstanding the decidedly dangerous consequences, leprous or measly pigs continue to be killed and eaten.

The most dangerous disease in this respect is the *disease of the spleen* in cattle. If the blood of such an animal only falls upon the hand, it may prove infectious; the same consequence may result from the skinning of such animals, nay from the tanning of the skins, and yet avarice and ignorance continue to persist in the skinning of these diseased animals. Their flesh, though salted and smoked, is a poison, and has always produced death or a lingering incurable disease.

The disease of the spleen in cattle is known by a sudden sadness and dullness; they stumble and tremble, particularly



after drinking; they have a dry heat and short breath; during these symptoms inflammatory tumors are formed. Unless such cattle can be saved by throwing frequently large quantities of water on them, they must die. In that case, endeavor at least to preserve other animals that may have been exposed, by cold water. Those which perish, should be buried in a very deep pit, without being touched by the hands. Every thing which has been in contact with such animals, should be burnt, buried, or be purified with chloride of lime in water.

When a person has been infected with the disease of the spleen, he feels first melancholy, weak and chilly; red spots, black in the centre, show themselves on different parts of the body; they soon become bluish tumors, and terminate in inflammatory gangrenous ulcers. By no means put a poultice on them, nor any thing warm and moist; bleeding, also, is dangerous. The only remedy is quietness, a strict diet, drinking of much cold water, and frequently throwing cold water over the patient, and drying him quickly afterward. Internally give *Ars.*; which must only be given again when the patient grows worse.

Whatever has been soiled by horses which had the glanders, should be cleansed with chloride of lime; exposing it for a long time to the air and the sun, also, will make it innocuous. If a person has been infected by a horse which has the glanders, give *Phosph. acid.*, and if this fails, *Ars.* Some time after *Sulph.* may be taken, if necessary; and if the symptoms still remain, after some weeks, give *Calc.* All these remedies only once every five or ten days—and not to be given as long as the case improves.

When one has reason to fear he has contracted these diseases by contact with the animal, exposure to oppressive heat is recommended. Should the infection be imparted, *Lach.* is an excellent remedy. In horses, a cure may often be effected by *Acon.*, *Rhus* and *Ars.*

## II. POISONING BY EXTERNAL INJURIES.

## STINGS AND BITES OF ANIMALS, THEIR ANTIDOTES AND TREATMENT.

a) *Stings of spiders.* The sting of spiders, and of the long, broad, many-footed animals (centipedes, &c.,) with two fangs in the mouth; that of scorpions with a loose sting at the end of the tail; that of bees, wasps, hornets, humblebees with a sting in the back part of the body; the stings of many flies, musquitoes, and of bugs furnished with a fine tub for drawing blood,—these are rarely dangerous, but may become troublesome by their numbers, and produce serious consequences by attacking tender parts; especially when little children, or very delicate persons are thus afflicted.

The chief remedy is smelling of camphor, and washing with cold water. If you can catch an insect of the same kind, crush it and put it on the wound. If you can bear it, a good way is to hold the injured part to the fire; or bring a red-hot coal, wire, or lighted cigar or pipe as close to the spot as possible, and hold it there until the pain is gone.

b) *Stings of bees, &c.* When pursued by a swarm of bees, take care not to strike at them with a view of keeping them off, for it does no good, and only irritates them the more; make your escape as quick as possible; but should a swarm follow you notwithstanding, particularly in the bushes, and should many have already alighted on your head, and there be no water near into which to plunge, lie down flat upon the ground, with the face downward, protecting the sides of the head with your hands, and lie still till they are gone. Moisten the bites with saliva, and pass your finger nail over them to extract the sting and the poison; then put on black garden mould, renewing it whenever the pain increases; or rub it with honey, scraped chalk, or one of the remedies mentioned.

When a bee has stung the eye or the mouth, honey is

best; try to extract the sting from the mouth by scratching, from the eye by very delicate pincers; afterward smell of camphor, or give Arn., Bell. or Puls., until relieved.

The same observations apply to the stinging of wasps, only that in this case the sting does not remain in the wound. Always warn children not to bite imprudently in an apple or a pear in which there is a hole; sometimes a wasp is hidden in it, and their sting in the mouth is very dangerous.

When a person has been stung in a very tender part, and inflammation, swelling and fever ensue, give camphor to smell as long as it relieves the sufferer. Should the inflammation, however, continue, give Acon., and if this does not operate quickly, Arn. If the tongue is much swelled, and Acon. do not produce the desired effect in half an hour, and Arn. in an hour or two, give Bell. every half hour or hour until relief is obtained. If this should fail, give Merc. viv. in the same manner. If the eye is much inflamed, give Acon. and Arn. alternately, allowing the former one, and the latter four hours to take effect, extending these periods as long as there is any improvement; externally, apply only cold water. Secondary symptoms, if they continue for several days, are mostly removed by Merc. viv.

*Musquitoes* may be driven away by the smoke of brown sugar, strewed upon live coals or red-hot iron; after some time let the smoke pass out, and close the doors and windows. The bites of mosquitoes which pain severely, are soon healed by the application of lemon juice.

Be careful not to remove the effects of the stings or bites of insects too quickly, when they are numerous; the consequences are the same as when an eruption of the skin is too suddenly checked; rather give Acon., and some hours after, Arn. Should it not be better the next day, give Hep.

c) *Bites of snakes.* Of the bites of snakes, it is well to know immediately, whether they are poisonous or not. All poisonous snakes have in the upper jaw two long, large

teeth; all serpents which have in the upper and lower jaw, in each two rows of teeth, are not poisonous. The bite of a venomous snake is generally attended with violent shooting, and sometimes burning pain.

When the serpent is not venomous, rub salt or gunpowder into the wound. But if the serpent is venomous, tie two or three inches above the wound a ribbon, cloth, strap, rope, or the like, tightly around the limb, to prevent the blood's returning from the wound to the heart, and leave it as long as the patient can bear it, or until the danger is past. The best remedy is heat. Whatever can be had soonest, red-hot iron or coals—if nothing better, a lighted cigar—must be brought as near to the wound as possible, without causing violent pains, and without burning the skin. Cauterizing, or burning with a hot iron, is useless, because it destroys the smaller vessels. Apply, therefore, the hot iron or coal so close to the wound that the patient feels the heat a good deal. As soon as the iron or coal cools, have another ready. Place several pieces of iron at once into the fire, and change them frequently; and take care that there is a sufficient supply of red-hot coals. The heat must only operate upon the wound, and on the parts around it, but not on too large a space. Do not blow the coals which you apply, this would cool the skin too much. If you have oil or fat at hand, smear it around the wound three or four inches, and when absorbed, renew it. If you have no oil or fat, take soap or saliva. Whatever oozes forth from the wound must be carefully wiped away. Continue to apply heat until the patient begins to shudder and to stretch; if this should occur soon, continue the application for an hour if he can bear it, or until the symptoms of the poison give way. If these symptoms return, renew the application.

Give, inwardly, as soon as possible, some salt-water, or as much salt or gunpowder, as will lie on the end of a knife, or little garlic. If bad symptoms appear notwithstanding,



give wine or brandy by drops, or half a teaspoonful at once, every two or three seconds, until they disappear again, but resume the treatment as soon as they re-appear. If the shooting pains grow worse — if they are in the direction of the heart — if the spot turns blue or spotted, or swells — if vomiting, giddiness or fainting ensues, give immediately Ars. If the symptoms become worse notwithstanding, repeat the same half an hour after; if there is no change, repeat it some hours after; if it improves, wait until it gets worse again. If two or three doses produce no effect, give Bell. If ash-root can be had, make a poultice of it, and put it round the limb; give, also, an infusion of it to drink. Seneca-root, also, is at times serviceable. Phosph. acid. will sometimes remove the remaining symptoms; sometimes Merc. viv.

The poison may also be sucked out. This can do no harm, unless the person who sucks the wound should have a sore on the lips, or in the mouth. It is, however, well at any rate to take a little garlic or salt in the mouth. The sucking must be strong and continuous, and the wound must be drawn well asunder. Whilst sucking, press your hand hard toward the wound over the adjoining parts, particularly from the side of the heart. Immediately after the wound has been sucked, rub into it fine salt as long as it will receive any, or gunpowder, tobacco ashes, chewing tobacco, wood ashes, whatever of this kind is at hand; salt, however, is the best. At the same time, let the patient keep as quiet as possible; the more motion, or the greater the agitation, the greater will be the danger.

d) *Bites of mad dogs.* — The bite of a mad dog, or of other raging animals, is in the beginning treated the same as the bite of serpents. Burning, cauterizing, cutting, lacerating, suppurating, and all similar cruelties, are positively useless; the more you lacerate the wound, the more rapidly will the poison enter into and circulate with the blood. The application of radiating heat should be repeated every day three or four times, an hour each time, or until shuddering appears.

Let the wound heal quietly after the above means have been resorted to, and only employ the following precaution.

The undermentioned preventive, or another in which you have confidence, ought to be applied until the scar of the wound becomes of the natural color of the skin. It should be renewed whenever the wound appears hard, dark colored, red or inflamed.

Sometimes after seven days, or later, particularly when the patient has a slight fever, a small blister will appear under the tongue; have this lanced with a pair of finely pointed scissors, or a penknife, and let the patient rinse his mouth with salt water.

The vapor bath has proved a very efficient remedy. If there is an opportunity of using it several times, soon after the bite, it will, no doubt, be of benefit to the patient; at any rate, apply it as soon as the least suspicious symptom makes its appearance. These symptoms are, sudden and unusual thirst followed by shuddering and loathing when drinking; an aversion to any thing bright, and to the wind; great sadness and dejection. It may be of service, although convulsions should have commenced. To administer the vapor bath, the patient should be in a place large enough to have sufficient air to breathe, and yet so small as to be easily filled with hot vapor. A small, wainscoted room, which can be tightly closed, is best. If the patient suffers already from convulsions, he should be wrapped in a sheet, to confine his hands and feet, but the neck and head ought to be perfectly free. In this room carry red-hot stones, as many as possible; upon which throw water, or if the patient cannot bear this, wet sand. Accordingly, as the stones cool they must be removed, and reheated by a strong fire. Place a tray with wet sand near the door, in which saw a hole to pass the stones through, or place them on a bench or table near the window. It is better if there is another person in the room with the patient. All these remedies, however, become useless, unless

a good fire is kept up, and there is a sufficient number of persons to change the stones and heat them, for the whole room must be closely filled with hot vapor for a sufficient length of time. If the bath is used as a preventive, one to two hours are requisite; if after the convulsions have commenced, until they cease.

As another preventive may be mentioned tincture of *Cantharides*. Mix one drop of it in a cup full of water; of this dilution give one drop, every day until the effects of the medicine become troublesome.

If the patient labors already under hydrophobia, give *Lach.* at every return of the convulsions. Should the next fit be stronger, wait for two or three more; if they are less intense, give nothing further. As soon as they become more violent, give the same medicine again. If they do not vary, repeat the same medicine after three hours. When *Lach.* appears no longer efficacious, give *Bell.* or *Hyos.*

The endless variety of medicines for hydrophobia, to which every country and every year make new contributions, do not deserve much consideration, as not a single mad dog has ever been cured by them. They are mostly recommended as having prevented the disease; but as of twenty, on an average, only one is really attacked by hydrophobia, whether medicines have been used or not, this pretended prevention proves nothing. Many persons are attacked by hydrophobia through the imagination, and for such cases any remedy will answer. We ought not to place too much confidence in the methods of cure so often recommended; and to subject every one bitten to the tortures of cauterizing, cutting and bleeding to excess, is absurd. In most cases nothing is required; and in the few cases where the poison takes effect, such violent means are of no use whatever.

When putrid animal substances have got into a wound, or pus, matter from ulcers of men or animals, give *Ars.*

According to the foregoing remarks, we have thought it advisable, to arrange the following table, by which any one can easily find the proper antidotes, in very dangerous cases of poisoning, where immediate steps are necessary.

## TABLE OF ANDITOTES TO THE MOST POWERFUL POISONS.

POISONS.	ANTIDOTES.
<b>I. GASES.</b>	
Gas produced in places deprived of fresh air, such as privies, wells, &c. . . . .	Chloride of lime; vinegar.
Vapor of charcoal . . . . .	Vinegar and vapor of vinegar.
<b>II. ACIDS.</b>	
Prussic or mineral acids . . . .	Spirits of hartshorn.
Sulphuric, muriatic, nitric, phosphoric acid, spirits of vinegar and strong wine vinegar . . . . .	Tepid soap-suds; Magnesia; chalk, powdered and mixed with water; wood-ashes mixed with water; Potash or soda. —
<b>III. ALKALINE POISONS.</b>	
Pot and pearl ashes, lapis infernalis, salt and oil of tartar	Vinegar; lemon juice and other acids; sour milk; mucilaginous drinks and injections.
<b>IV. METALLIC SUBSTANCES.</b>	
Arsenic . . . . .	Soap-suds; white of eggs with water; sugar-water; milk; rust of iron —
Corrosive sublimate; Copper; Verdigris . . . . .	White of eggs in water; sugar-water; milk; starch from wheat flour —
Lead . . . . .	Epsom salt; glauber salt —
Lunar caustic . . . . .	Common salt dissolved in water —
Tin . . . . .	Sugar, white of eggs and milk —



## CHAPTER VIII.

### EXTERNAL INJURIES.

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#### 1. CONCUSSION.

Concussion of the body from a fall, blow, or push, may occasion a variety of pains, and other complaints. Sometimes internal parts are thereby distended or torn; pains arise, which increase the following day; violent headache, giddiness, pains in the chest, asthma, (hacking) cough, spitting of blood, pain in the back, descending pains in the belly, &c. In all such cases Arn. is the chief remedy. The patient should keep as quiet as possible; drink much water; wash the painful parts frequently with cold water; neither eat nor drink any thing heating; make use of no wine, brandy, coffee, tea, spices — of little salt, and of nothing sour.

If the accident was attended with sudden fright, give, first, Op., and some hours after, Arn. If the patient faints, merely wash his head, face and arms with cold water, and give Acon.; and after he has recovered from the fainting, or some hours after, Arn. Bleeding, in such cases, is quite unnecessary; Acon. will keep down the inflammation, and Arn. will accelerate the healing.

When pregnant females, in consequence of a fall, slip, or other violent concussion, feel pains in the abdomen, a thing which occurs very frequently in the first months of pregnancy, and which can easily bring on a miscarriage, give Arn., and let the patient keep quiet, if possible, in a lying position, and avoid, for several days, every exertion. Should, notwithstanding, the pains become violent some hours after Arn. has been given, give Cham., or one of the other medicines recommended to prevent miscarriage.

If headache is caused by concussion, and Arn. does not suit, give Bell. or Phosph. acid., whatever suits best according to the symptoms enumerated under "Headache."

Affections of the chest, caused by violent concussion are removed by Arn. Sometimes, but not very frequently, Acon. or Rhus are required. Look under "Chest", Part II. Ch. 5.

## 2. OVERLIFTING.

If lifting or carrying heavy loads, or lifting something suddenly, produces pain, give Rhus, which, in fact, may always be given first when lifting was the cause, and the exertion, more than external violence, produced the complaint.

When, from this cause, very acute pains are felt in the small of the back, which become worse on every motion of the body, give Bry. If this does not relieve entirely, give Sulph.

If headache ensues, and Rhus will not remove it, try Calc. once.

If a person, by lifting, has strained or over-exerted himself, by which he feels nausea, a disposition to vomit, with violent pain in the bowels, give Verat.

If a person is apt to be hurt by lifting, even when there is no over-exertion, give Sep., whenever it takes place.

## 3. MIS-STEPS.

A mis-step sometimes causes similar pains in the limbs, give Bry.; sometimes Rhus may give relief. If the stomach is affected, Bry. or Puls. should be given.

If the injury occurs often, and is caused by debility, it will be cured by Phosph., to be given whenever it returns.

## 4. BRUISES.

Nothing will cure a bruise so soon as Arn. taken internally, and the application of linen, dipped in cold water, to the part affected. Only in severe cases, and when there is fever, give Acon., and, six or eight hours after, again Arn. A second

dose of the latter is but seldom required; if so, give it a couple of days after. If a limb is crushed, it should be straightened with a piece of pasteboard, so as to be in a natural position; or you may press it a little from time to time, until it returns to its proper form. All unguents or salves are useless, often injurious; the above remedies, cold water and proper diet, will effect a more rapid cure than any medicine. Persons whose blood is in a bad state, and where much matter is produced, must, after some days, take Hep. once.

In the case of a bad bruise, injuring a part of a bone, such as the shinbone &c.; if the pain appears to be in the bone itself, dip a piece of linen in water, in which a few drops of *Symphytum off.* have been diluted, and apply it frequently to the injured part; but if the injury is not very bad, and is principally external, the part only painful when pressed upon, looking red and the redness spreading, and assuming the appearance of erysipelas, give *Ruta* internally and apply it likewise externally in the same manner as mentioned by *Symphytum*. If mortification appears from carelessness, give *Chin.* and be in no hurry to have a limb amputated, for many have preserved an arm or a leg through mere reluctance at the operation.

## 5. BRUISES OF THE EYES.

Bruises of the eye, from blows with the fist, a stick, stone, a flying cork, &c. are to be treated in the manner above; change the piece of linen, as soon as it becomes warm, for a cold one, and tie over both of the eyes a cloth, for the purpose of keeping the light and the air from them. Whenever the pain becomes more severe, give *Arn.* and *Acon.* alternately.

## 6. SHOCKS AND BRUISES ON THE HEAD.

When children fall, and their heads receive a considerable shock, and they begin to vomit, crying but little or not loud,

and sleeping uncommonly sound and long, give Arn., and let them avoid catching cold or overheating themselves; do not let them eat or drink any thing heating; let them not sleep too long — and if fever or convulsions should appear afterwards, give Bell., and beware of their catching cold. If this does not cure it, and they dig constantly with the finger in the nose, give Chin.; if they begin to ail, and toss much with the head on the pillow, when the pupils of the eyes are dilated, not only in the dark or when they awaken, which is natural, but at all times, give Bell.; and if this does not prove beneficial after the second dose, give after four or five days Hep., which allow to operate for a couple of weeks. If some of the above symptoms continue, notwithstanding — if the head grows larger — if the skin is raised on the top of the head where the soft part is, and if a beating is perceptible there, give Calc. In all cases of this kind, however, it is better to consult a homœopathic physician.

Bruises on the heads of children should not be compressed with a knife. If caused by a severe fall, apply cold water and give Arn. If worse symptoms appear afterwards, notwithstanding; if the child feels giddy after shaking the head, or has pains; if the pupils of the eyes are dilated; if there is a disposition to press the back of the head on the pillow, if fever, or convulsions ensue, or when dropsy of the brain may be apprehended, give Bell. or Hyos.

### 7. SPRAINS.

A limb is sprained when, after a fall or other violence, it pains severely, cannot be moved without pain, swells and turns red; give Arn. Sometimes Bry. may be necessary afterwards. Apply cold water copiously, and try to move the limb without exerting it too much.

### 8. DISLOCATION.

A limb is dislocated when a bone has been so twisted as not to return to its natural position. The pains here are



much more violent; no moving is possible; on feeling it, and comparing it with its fellow limb, every one can see that the joint is in a false position, sometimes the limb appears shorter or longer, at other times crooked. Swelling, violent pain, tension in the limb, and fever ensue very soon. The thing to be done is to give Arn. immediately; or, if there is already redness and inflammation, Acon., and to apply cold water. You seldom find a person who will undertake to set the joint again; and as abortive attempts can only make the matter worse, the sooner you send for an experienced surgeon, the better for the patient. In many cases, therefore, it will be more prudent to put the patient on a litter or settee, and have him carried to a physician, in preference to sending for one. Cold applications, and Arn. internally, will always be beneficial. Nor is it necessary to do anything more after the bone has been set; and all poultices, salves, bleeding, &c., are injurious. A proper bandage must be applied; but, as soon as the inflammation abates, which, after taking Arn., and perhaps Acon., will soon take place, the limb should be moved often, but carefully, lest it grow stiff.

## 9. FRACTURES.

A bone is fractured when, after external violence, sometimes after a sudden, violent motion, sharp pains are felt in a particular part of the bone; when the bone feels thicker in that spot, and uneven, or you can plainly feel the fracture; when the limb is shorter or twisted; or when the bone still adheres, (the fracture being only partial), or stands in a wrong position, and can no longer be used, the limb is and may be bent by the hand of an other person as if there were a joint there, which bending produces a peculiar grating sound.

In all such cases send for a surgeon, and for a skilful one too; for mistakes committed under these circumstances, can hardly ever be remedied. Therefore, instead of employing, in the first fright and hurry, an indifferent practitioner, be-

cause he is nearest at hand, rather send for a more skilful one, though it may take a whole day, before he can arrive. When little children are the sufferers, then more despatch is required. But in ordinary cases, a couple of days may elapse without incurring any risk, a broken bone does not heal so very readily. The broken limb should be moved as little as possible; on the painful part put linen bandages dipped frequently into cold water; internally give Acon., if the patient is very weak or fainting, and some hours after, Arn. Only when the pains are insufferable, and occasion convulsions, give, first, Cham., and afterwards Arn. In very rare cases only, when the pains are excruciating, and other bad symptoms appear, will stretching of the limb afford any relief. Put a towel around the limb, above the fracture; another below it; fasten these towels to ropes, and these to the bed post, thus stretching the limb, and keeping it for some time extended.

Symphytum will also accelerate the recovery of the patient after the bone has been set, and enable him to use the limb much sooner than otherwise. But should the bone not commence adhering, but remain loose — as sometimes happens with aged persons — mix a small portion of diluted Phosphoric acid with lime-water, dry the sediment, which will be formed in this mixture and give the patient as much of it as will lie on the end of a penknife, once every 3, 4 days.

## 10. WOUNDS.

a) *General remarks.* — We ought first to know what wounds will heal of themselves, and when treatment is necessary; we ought to know how the cure can be accelerated, and what must be done, in dangerous cases, until a surgeon can be procured.

All wounds which are not mortal heal of themselves, without any medicine, unguents, plasters or salves. External applications are almost always injurious, and all rational prac-

tioners have long ago discontinued the use of them. Nothing more is necessary than to apply a proper bandage, and to wet it, from time to time, with cold water. If requisite, some medicine should be given internally, and attention be paid to the diet.

The most important thing in the healing of a wound is to bring the sides in close contact. Small superficial wounds may be closed by pressing the sides together, and tying a bandage around the limb to keep them in that position. Common, small cuts on the fingers are often troublesome for a considerable time, as they prevent us from using the hand; but they will heal quickly with a healthy person, if sewed together, an operation which after a little practice can be performed easily and without giving pain. Close the wound immediately, to prevent the escaping of blood; press till the skin becomes white, that you may see the cut and take hold of it; then take a very fine needle, with a linen, or better, a silk thread, which has been divided, pierce through the skin, either entering near the cut or at the cut; if it pains, you have gone too deep. When the wound is very small, and not deep, you may stitch from one side to the other, right through, making a common seam, without a knot at the beginning or end. When the cut is deeper, or forms an angle, draw only once through; tie the ends together over the wound and cut them off; proceed in this manner, placing one loop near the other. It is better to take but a short thread, for if you have to pull much, the skin sometimes breaks and gives pain. Sometimes it may be better to take two needles, fasten in each one end of the thread, and pass each needle from the interior edge of the cuticle outwards.

When the wounds are longer, penetrating through the skin into the flesh, this superficial suture will not suffice, but you must use sticking plaster. Cut this into strips, a few inches long, narrower in the middle than at the ends. Warm them with your breath, or by wrapping them around a bottle filled

with hot water, the side on which the plaster is, of course, turned out, or around your arm, till the plaster becomes soft. The narrow part must be placed on the wound. They must be drawn as tight as can be, and not be too short, so as to close the inside of the wound as well as possible. Open spaces ought to be left between the strips, particularly where the wound is deepest, that, in case of suppuration, the matter may not be prevented from escaping.

In closing the wound the limb should be put in such a position that the wound cannot gape, and should be kept in that position as carefully as possible.

Deep lacerated wounds, or long cuts in the face, lips, eyelids, neck, &c., have sometimes to be united by deeper sutures, which a surgeon alone can make properly.

Considerable stabs, or other narrow and deep wounds, must not be closed in this manner, as they would heal on the surface, and suppurate at the bottom. But if they are so situated that they can be compressed at the bottom, as well as at the orifice, it may be done until the surgeon arrives, who in all such cases should be consulted.

Besides being sewed, every wound ought to be dressed with sticking plaster, that it may be the more firmly united, and that the air may be prevented from penetrating, at the same time the limb ought not to be more pressed and laced than is necessary.

The bruising of the skin, especially on the knuckles, ends of the fingers and on the shinbone, sometimes causes a bad sore, and often becomes troublesome in children. Open a raw egg so that the break extends from butt to point; then peel off the skin with which the shell is lined inside, in strips as broad as you can make them, and put these with the side which was nearer to the shell, on the wound until it is entirely covered.

b) *Hemorrhage caused by wounds.* — Wounds which have been closed and dressed in the aforesaid manner, generally



cease to bleed. Sometimes, however, it is necessary to place a compress of linen upon the wound, and to tie it on. Cold water applied immediately and frequently is the best means to stop the bleeding, yet there are cases where it does not suffice.

When the blood is gushing out of the wound, when the wound is on the throat, the superior and interior part of the thigh or arms, the whole limb or side of the neck should be compressed, and a surgeon be procured immediately.

The hemorrhage is still more dangerous when light red blood flows from the wound, and the blood squirts at intervals as the pulse beats. Hasten to obtain the assistance of an experienced surgeon; but as every delay is dangerous, tie a cloth tight around the limb above the wound, in the direction of the heart; above this bandage on the interior part of the limb feel for the artery, which you will know by its beating; place on this spot a cork lengthways, press it well home, put over it a compress of a few inches square, and as thick as a finger, and over it a bandage, which tighten until the blood stops. Immediately upon compressing the artery, the blood sometimes flows more freely than before, but it will soon stop. Do not omit frequent applications of cold water or ice to the wound.

People are apt to have recourse to very improper and injurious means to stop the bleeding; in the fright they tie one cloth over the other, until they exhaust their whole stock of rags and handkerchiefs. But that cannot stop the bleeding—it merely conceals it. When the first firm bandage does not stop it, the rest are useless and pernicious, as they prevent the cold water from penetrating, and conceal the danger.

Some persons put upon wounds which bleed profusely a mass of the most heterogeneous things imaginable; vinegar, cobwebs, balsam, brandy, spunk, lead-water, the white of eggs and sweet oil, charcoal, glue, alum, soot, lemon juice, shoemaker's wax, gum Arabic, tar, urine, tan, oakleaves,

salves, unguents, and other trash, to stop the effusion of blood; all these things render the healing of the wound more difficult, as they soil the surface, and as every thing extraneous entering into a wound has again to be expelled by suppuration.

When a proper bandage, the application of cold water and of ice, a quiet and easy position of the patient, does not stop the bleeding, then hasten for a surgeon — until he comes use the following:

Put on the tongue a little salt, and if this proves useless, a little vinegar and water, besides avoid giving much to drink, particularly any thing warm. Let the patient lie high with the wounded part, and see that no part of the body is pressed upon. Should he faint, leave him at rest, and do not pester him with smelling bottles. Fainting is always beneficial, for then the blood flows less rapidly, and is more apt to congeal in the wound through the coldness of the water. Only when the patient turns quite pale, and becomes blue in the face, or jerks with the limbs, is there danger. Give him Chin. After this, if it gets worse again, give him a little good old wine, and after that, if necessary, Chin.

The same remedies ought to be given after much loss of blood, but when the bleeding has ceased the patient might drink small quantities of cold water as often as he asks for it.

To stop the bleeding, when the first bandage and the application of wet rags does not do it, give Arn., if this fails, Ipec. The black glutinous drops which hang in chimneys where wood is burnt, will answer, if nothing better can be got. Take of this the size of a pea, dissolve it in a tablespoonful of brandy, until the latter turns brown — mix this with half a tumbler of water, and drop it into the wound. If creosote can be had at the apothecary's, it is to be preferred.

The *bites of leeches* sometimes bleed too much; children have thus bled to death in the night, when proper attention was not paid to them. The wisest plan is to use no leeches at

all; but they who have no knowledge of better remedies, must be expected to have recourse to improper ones. These wounds can be closed by putting in a couple of stitches, as has been before explained — they give no pain whatever. With children who dread this, it may be stopped by pressing the finger upon the wound for a considerable time, and applying some gardener's or shoemaker's wax. During the night particular attention should, notwithstanding, be paid. After a vein has been opened, the same precaution is necessary. The patient ought to enjoy his rest undisturbed, and some one should be in attendance to see that the vein does not bleed again.

c) *Cleansing of the wound.* — However well a wound may have been bandaged, it can never heal if it has not been properly cleansed; therefore, before dressing the wound, free it from every thing extraneous. If the wound is full of dirt or sand, or if there are splinters in it, small pieces of glass, fish bones, shot or rags, or if the iron which made the wound was rusty, the wound will not heal so easily; therefore, wash such wounds well with water, and remove every thing foreign by laving, syringing and rinsing. If you find it impossible to cleanse the wound thoroughly, dress the wound but lightly, so as to prevent the air from penetrating, without pressing it much, and renew the dressing frequently. — Wounds of this kind, particularly when splinters remain in, should always be dressed by a surgeon.

When a person has run a nail, fish-bones, splinters or glass into his foot, you cannot always remove it altogether; surgeons too, are sometimes apt to cut in every direction, but in vain. Into such a wound drop at once a little vulnerary balsam; balm of Peru is best, but if you have none, use Canada or any other; put over it a compress of linen, and tie it to the sole of the foot. Renew the application of the balsam every day until the wound has healed from within. At the same time the wounded person should walk occasionally,

even though his foot pains him; it ought by no means to be rested too much, for the treading on it cleans the wound. If there is much inflammation, apply cold water externally, and internally the remedies prescribed below.

If a wound in the sole of the foot heals, and leaves behind a violent pain when walking, from which we may infer that something is still in the foot, tie to the sole of the foot a cork sole or a thick piece of pasteboard, or a thin board with a hole cut in it just where it touches the sore part, and let the patient walk on it frequently; at the same time, give two successive mornings Sil., and if this fails, Hep. After waiting seven days, S.l. again. This treatment generally brings the extraneous matter out very soon. The seeds of the plantain weed, crushed and externally applied, are said to produce the same effect. If you can feel any thing plainly under the skin, and if the latter is very thick, let an incision be made to take it out, or let the skin be scraped very thin with a sharp knife.

d) *Subsequent treatment and diet.* — Besides the stopping of the hemorrhage, the cleansing and dressing of the wound, its subsequent treatment as well as the diet of the patient, is a matter of importance. When the wound is large, the patient should keep as quiet as possible; he should neither exert his mind nor his body too much; he should drink much cold water, and avoid every thing heating — too much salt, spices, smoked food, &c.

If the dressing was necessarily put on very tight, loosen it somewhat when it feels too troublesome, or the next day. If it was not too tight, leave it undisturbed for two or three days, if the wound does not suppurate, and remove it gradually.

On removing a piece of sticking plaster, always begin at both ends and proceed to the centre; begin to remove the strips at the one end of the wound, replace the strip removed immediately by another, and continue in that manner to the end of the wound, that it may not open again or be dragged



asunder. If possible, leave the dressing until the wound is healed; in summer, however, and when wounds suppurate, the dressing should be changed oftener. The threads in the sutures are to remain until they drop off of themselves.

Cold water is not only serviceable in stopping the blood and cleansing the wound, but also in healing it afterward. Put on a compress of linen, and dip it frequently in cold water—particularly when swelling, redness and pains appear. Or take lint, dip it in water, and cover the wound with it; put over this some paper which has been rubbed over with wax, or thick oiled paper, and tie a handkerchief over it, to keep the parts adjacent dry. As the heat abates and the wound heals, renew it less and less, and when the heat is gone, leave it alone altogether.

All wounds which suppurate badly, are after some days to be treated like ulcers — of which more hereafter. Here, not cold but warm water should be applied.

All wounds from laceration, bruises, and others which cannot be united, must be drawn together and treated with cold water, unless they turn into ulcers.

To all wounds over a bone, on the head, the breast-bone, the elbow, finger-joints or the knee, the shin-bone or the ankle, apply nothing but cold water, without any bandage—only in the beginning, to stop the bleeding, you may apply some pressure; afterward, merely tie something over the wound to keep off the air. All other applications are very dangerous, as they easily produce ulcers, which sometimes eat into the bone. The remedies recommended above for fractures, may, likewise, be applied externally in a diluted state.

e) *Remedies.* — By selecting in every case the suitable remedies, the cure will be considerably accelerated. Therefore, as soon as the patient is at rest, give him one of the usual remedies prescribed for wounds.

If, after such a medicine, the fever increases and is attended

with dryness of the skin and great restlessness, give Acon.; but if the restlessness is accompanied by great excitement, Coff.; should the patient have lost much blood, give Chin., but if no great improvement takes place within 6, 8, 12 hours, administer one of the following remedies:

Arnica, if the injury has more the nature of a bruise than of an open wound, if the parts affected look brown and blue, or become so; if the wound can be well united; if it was merely in the skin (remembering that the skin, in some places is very thick);

Calendula, if the wound is lacerated, if it is a deep gash, whose sides can be but imperfectly united; if moving causes pain, even after the wound is dressed; if the skin or flesh has come off in pieces; if the wound looks torn and jagged;

Staphysagria, if the wounds are clean, deep cuts in the flesh, made by a sharp knife, or glass, or consequent upon surgical operations.

Hypericum is the suitable remedy in stabs or cuts and wounds caused by bruises and laceration, if the pain is exceedingly severe, and particularly, if it continues for a long time, resembles that of a violent toothache, and is extending from the wound upward along the limb. The same remedy is also beneficial, when children become convulsed after every trifling injury.

If the injury should have extended to the bone, do not forget the medicines above recommended.

The medicines should be administered in pellets internally. For external application take a few drops of its tincture, dilute them considerably, and with this moisten small pieces of rags and place them on the wound.

To persons who have a bad skin, which is irritated by the slightest injury, give Cham., and should it do no good, give Hep. Sometimes it is necessary to give Sil. and the remedies prescribed for ulcers.

*f) Lock-jaw.* — When convulsive symptoms appear, and

tetanus or lock-jaw is to be apprehended, it is always best to send at once for a homoeopathic physician. But, if in this emergency none could be obtained, you must try to render assistance, as you may be able. If the patient complains of pain in the neck, or of excessive stiffness in the neck and back, especially if this is preceded by a good deal of stretching of all the limbs; if he complains of cramp, or pain resembling cramp, in the joints of the jaw, in the cheeks near the ears; if he feels constant inclination to yawn, and yet is unable to open his mouth sufficiently; if he is fretful, irritable, difficult to please, give Ign. 3, once every two hours, until there is improvement. But if he grows worse, if lock-jaw takes place, if his back is stiff and rigid, give Merc., if this fails, Bell., especially if his face is red; Acon., if it grows pale and red alternately. In some cases, where the sufferer becomes cold, Bry. or Verat. may be effectual; if warmth makes him worse Sec. A person, not a physician, will hardly be able to select the proper remedy among all those which are indicated. Ign. is the principal remedy, if the patient grows worse whenever he is touched or handled; if the original hurt were the injury of a nerve, Hyper., if there first appears a redness around the wound, resembling erysipelas, Ruta; if much mercury had previously been given, Angust., Rhus, Hyosc., Stram., Camph. &c. may sometimes be the remedies. In general, it may be said that the choice of the proper medicine often depends on the most minute circumstance.

g) *Bleeding of the gums.* — Frequently the gums bleed considerably after the extraction of a tooth. Vinegar is always injurious; staunch the blood with cold water. If this proves insufficient, bite a small roller of linen into the hollow until the bleeding stops; if this will not do, take soot-water, as before described, moisten the linen with it, and bring it again into the cavity. If there is much pain and swelling, take Arn.; if fever, Acon. Sometimes it is well to give them alternately. If cold has been taken, and the medicines do not

afford any relief, give Rhus or Bry. For throbbing pain in the bone, which is so violent that it can hardly be borne, sometimes attended with fever, Hyosc. will be beneficial. If the jaw swells, and a tedious suppuration appears, take Sil., once in a week until it improves.

*h) Large wounds on the head.* — When the bones of the head have been injured, or deep wounds have been received in the throat and in the breast, or stabs in the abdomen — all wounds, in short, where the joints have been crushed, or which penetrate into the joints, must absolutely be treated by a surgeon. We will, however, mention here, in a few words, the course to be pursued in case a surgeon is not at hand. —

When a limb has been partially crushed, it may sometimes be preserved by cold applications, or by putting ice upon it, and by giving internally Arn., alternating sometimes with Acon.; this is possible even when mortification has already taken place, by giving first Chin. and afterward, when the skin begins to turn black, Lach. The surgeon alone can, however, judge what is to be done, and we only propose this treatment when the patient refuses to submit to amputation, when no surgeon who can perform the operation is to be procured, or when it is too late to undertake it.

*i) Large wounds in the abdomen.* They are often not so desperate as they appear; even if the bowels protrude and the whole belly is torn open, do not give up the patient; these wounds sometimes heal more rapidly than could be expected. Replace the entrails as soon as possible, but not without having first cleaned them of sand and dirt, or of whatever else was adhering to them. This ought to be done with lukewarm water, by merely rinsing and without rubbing. Be careful that no water enters the abdomen. Do not lay hold of the entrails with your hands, but with a clean linen cloth. Let the patient neither smell nor take any thing strong, only if he is quite indifferent or stunned, Op.; if beside himself, Cof.; if he has convulsions, Ign.; if he turns pale, if the nose



becomes sharp and the limbs cold, give Chin.; but as soon as the first alarm is over, give, in all cases, Arn. or Calendula. When no surgeon can be procured, sew up the wound with a waxed thread, only leaving a small opening in the deepest places, and dress it, to prevent the air from penetrating, in the manner above described, without giving any thing further. If diarrhœa ensues, which is sometimes the case after surgical operations, give Coloc., afterwards, if worse, Staph.; they may be taken alternately until the symptoms change. If very bad symptoms appear, try Lach. or Phosph.

### 11. BURNS AND SCALDS.

When you have burnt or scalded the skin, the best thing you can do is to hold the spot to the fire, and the worst to put it into cold water, or to apply to it other cooling things, such as potatoes, carrots, turnips, &c. It is well known that the latter always produce blisters and ulcers. The former, on the contrary, draws out the heat; that is to say, the effects of the burn disappear entirely, and in a short time, by the application of moderate heat. The application of dry heat, however, is not, at all times, practicable; particularly when the burnt or scalded surface is large, as in this case the heat cannot be applied equally to every part. For children the operation is too painful; and in burns where the skin is destroyed, or when the injury is in the face, it is entirely inapplicable. Other remedies, therefore, have been proved, which are of easier application, and of which the effect resembles that of moderate heat.

The application of *spirits of wine*, strong brandy, rum, &c., particularly when warmed, is much better. Place a flat saucer, or other vessel, containing one or another of these articles upon the stove; in the mean time, set on fire another saucerful and let it burn until hot, then put it out by covering it, and apply it whilst the first saucerful is heating over the fire or on the stove. Continue to moisten with it the

scald or burn as long as it aggravates the pain in the least. To extensive scalds and burns it may be applied by dipping rags into the spirit and keeping them constantly moist. When half the body is burnt, however, or when the injuries are deep, this remedy cannot well be applied; nor is it of use in the vicinity of the eye, or other tender parts — and it will do no good when, in the first confusion, cold water has been applied.

In many cases where the scald or burn covers a large surface without being very deep, *raw cotton* is a very good remedy. Put picked cotton or split wadding in layers over the burn. Blisters should be spread first and be washed with warm water. If the wound suppurates, take off the upper layer, but let the lower one remain, and put fresh cotton on the top; at the same time the whole limb must be properly dressed. The earlier the cotton is applied, the more efficacious it proves; but after the application of cold water or cooling roots, it is of little use.

The remedy which applies to most cases is *soap*. It is a very proper remedy; as it can be easily procured and applied, it is most to be recommended for bad and deep burns. It will prove of service even after other improper remedies have been used. Take common white soap (Castile soap), not the common resinous soap, scrape it fine and make a thick salve with lukewarm water; put this, of the thickness of the back of a knife, on strips of linen or other stuff, and cover the scalded or burnt surface with it, taking care that it comes in contact with every part, for where it does not touch, it cannot heal. When blisters have already formed, cut off as much of the skin as possible, and dress the wound so as to keep the surface in contact with the plaster; let it lie firm eighteen to twenty-four hours; take it off carefully, particularly if the skin has been much injured, and put on a fresh plaster without washing or rubbing. In the beginning, it rather increases the pain, but it soon mitigates it. If the pain had been al-

ready less, and becomes worse again, put on a fresh plaster; after the first dressing, prepare a quantity of salve, which may be made much more even than in the first confusion, and continue this treatment until the wound is healed. The completion of the cure will, of course, depend upon the extent of the injury — but at all events it will take place much earlier than if you commence to apply cold water, and smear oil, lead-water, and the like things upon the burn. Common slight burns and scalds will heal in two days — the worst in eight. It will effect a cure even where the burn has penetrated to the bone; generally it prevents suppuration, and if skillfully applied, leaves no scars.

Lime-water mixed with sweet oil makes a very good salve for burns; it can be more easily put on the linen, and adheres more readily.

In all cases keep the air, as much as possible, from the burn; do not, therefore, dress the wound too often, and leave it uncovered no longer than is necessary. Cover all the sore places accurately and carefully, not suffering the linen to lie in folds, lest it stick to the sore, neither remove the salve. Open the blisters where most water has collected, cut off the skin, especially where it is loose and shrunken, and tie the whole up tightly but gently, and with not too much covering.

*Creosote*, which produces a burning sensation on the skin is also efficacious. In cases where soap causes a bad smell, which the renewal of the plaster does not remove, or where the application of the salve is troublesome, because the bandages cannot be fastened properly, or where the patient is not able to keep perfectly quiet, the creosote water is preferable. It is efficacious in slight and bad burns, immediately after the injury, or later, after proper or improper remedies, but it must not be applied after the above salve of lime-water and sweet oil has been made use of. Apply it to the wounds with a hair pencil, put on linen bandages which have been dipped in it, and dress the wound very lightly, merely to keep

off the air; the blisters should be cut open, and the skin be cut off as far as possible; it causes but little pain, which soon ceases, and heals the wound very fast. It should be renewed whenever the sore begins to be painful again, two or three times a day.

A good remedy, also, is the *tincture of nettles* (*Urtica urens*); every one can prepare this by expressing the juice of this herb and mixing it in equal parts with the spirit of wine, and applying it to fresh burns, mixed with tepid water, in proportion of one fourth of the tincture to three fourths of the tepid water — to be used as above described, with moistened rags. If ulceration, however, has taken place, the pure tincture must be applied as above, changing the moistened rags every three or four hours. In very dangerous cases, put a drop of the tincture on a small piece of sugar and swallow it.

The pains may be removed, and a speedy cure effected by the *tincture of causticum*. One or two drops may be put in a tumbler of water, well mixed, and applied with moistened rags. Should it produce too much burning, add two spoonfuls of water; if, on the contrary, it is not sensibly felt, add one or two drops of the tincture. If it should fail to produce the desired effect, or do so only temporarily, give Ars., externally and internally.

If nothing else is at hand, the violent pains may be mitigated by strewing hair-powder or flour upon the burn or scald.

For burns in the mouth, throat or stomach, caused by taking too hot food, or in the rectum, occasioned by taking injections too hot, dissolve a few globules of Caust. in a cup full of water. Take a teaspoonful every now and then, and keep it in the mouth for a while. Use the above medicine in the form of an injection, and if it does not suffice, try Ars.

In some cases Sapo has been beneficial, Rhus likewise and Carb. veg. In fact, it depends altogether on what produced the burn, and on the extent and location of the injury,



whether it is caused by fire, or coal, by a red hot iron, steam, boiling water, or by some other boiling liquid. Although much depends on these particulars, the precise use is not yet known, further experience being needful.

Burns from Sulphuric or other Acids require lime-water, or chalk mixed with water; if caused by an alkali, vinegar proves beneficial or scraped apples.

In burns from phosphorus there is no better remedy than oil, sweet oil especially, renewing its application until the pains cease.

For the fever which sometimes accompanies burns, give Acon. Arn. should not be used in injuries of this kind. In convulsions arising from severe burns, Cham. has proved beneficial. Considerable burns are sometimes attended by diarrhœa or costiveness, but nothing should be done for either; if the latter lasts longer than four or five days, give injections of warm water. If the diarrhœa is attended with pains in the bowels, give Puls., afterward Sulph. The diarrhœa which sometimes makes its appearance, is very necessary for the preservation of life, and ought, on no account, to be interfered with, unless it continues for weeks after a complete cure has been effected; in that case give first Ipec., and after a couple of days, if required, Bry.; if this fails, Dulc. In most cases it disappears of itself, if you drink plenty of cold water, and take frequent exercise in the air; both are necessary to restore persons who have been severely burned or scalded.

Of the application of ointment of lead, or lead-water, I can only assure my readers that it has never done the least good; the horrid suppuration, ulcers, and dreadful scars which it leaves behind, could not be worse if nothing were done. To put a stop to the use of these abominable medicines among rational people, it cannot be too often repeated, that the application of lead-water to any considerable part of the body (in case of a severe burn) inevitably proves fatal. Children who

have been thus treated with lead-water, when half the body has been burned, have died in consequence — not, as is erroneously supposed, of the burns but of the poison, of which the symptoms furnish incontrovertible evidence.

## 12. FROZEN LIMBS.

The treatment required when parts of the body have suffered from cold, is to be found under the head of “Chilblains”; how persons frozen are to be treated, under “Apparent Death”; where rules are also laid down for the treatment of “Suspended animation” from suffocation, hanging, drowning, and other causes.

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## CHAPTER IX.

### FOREIGN SUBSTANCES INTRODUCED INTO THE HUMAN BODY.

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#### 1. INTO THE EYE.

Washing will only avail when dust merely has got into the eye; but, whatever is soluble is only diffused the more by washing. As rubbing, however, is still more injurious, let children hold the eye immediately in a full glass of water. Sweet oil mitigates the irritation, when caustic, sharp acids or salts have entered the eye; it is injurious with the powder of Spanish flies, and with dead insects. The white of eggs is very good when sharp dusty mineral substances, paint, or small pointed particles, are in the eye. If it was lime, ashes, some dye-stuffs and perhaps tobacco, cream or sour milk is the best remedy.

If some hard substance has got into the eye and cannot be removed by the above means, but continues to cause irritation and pain, draw the eyelids apart, roll up a bit of paper, so as to have a soft point; with this, as with a hair pencil,

you may seize and take away whatever is in the eye. While the lids are held open and off from the eye, the eye should be turned slowly in every direction so that it may be ascertained whether any thing adheres to the interior part of the eyelids. Fine blotting paper answers best for the above purpose, as the foreign body will more readily adhere to it. When you have to push the pointed paper far back in the eye, moisten it with saliva.

Particles of iron, particularly those projected hot into the eye, when striking fire, or from a smithy, usually adhere very tenaciously; sometimes you may succeed in extracting them with a bent hair, introduced under the eyelid, and moved backward and forward, or with a clean ear-pick. A magnet is seldom of much use, unless the particle should be loose, and in that case paper will answer every purpose.

Since rubbing is injurious at all times, it is better to put on a linen compress dipped in water. Sleep sometimes diminishes the pain. If the eye is red and inflamed, give Acon., which is also of service if the foreign body is still in the eye and cannot be got out. This will diminish the pain until you can procure a surgeon, or till the night is passed, when daylight will enable you to examine more closely. If after giving Acon. several times the eye continues sensitive and red, give Sulph., and only when this does not prove efficacious, Calc.

## 2. IN THE EAR.

When an insect has got into the ear, let the patient lie upon the other side, and drop sweet oil into the ear, until the insect becomes visible; then take it out with a small roll of paper. When a child has put something into his ear, particularly a bean or grain, or any thing else that will swell, do not delay a moment. Take a hair pin, bend the curved end, so as to form an obtuse angle, that the upper end may have a

heel like a spoon, which may be easily done with a key, and put the two points into a cork.



Place yourself behind the ear, draw it up with one hand, and at the same time from the head, that you may look in as far as possible; dip the instrument in sweet oil, and pressing the bent part against the back part of the internal ear, push it so far back that it passes behind and around the object; lift a little, and the end of the needle will take hold of it from behind, like a spoon, and bring it out.

If pain and inflammation of the ear remain, give Arn., and after a few hours Puls. If the inflammation is already very considerable, and the ear so much swelled that nothing can be got out, Puls. is also of service. In some cases, where the children are in great pain, have much fever, speak incoherently, or behave as if delirious give, if Puls. does not suffice, Bell. If pain still remains, Sulph. may do good.

### 3. IN THE NOSE.

Let the child draw in its breath, and close its mouth, to force the breath out through the nose; or tickle the nose with a feather, or a little dry snuff. Sometimes obstructions may be extracted from the nose by the same instrument recommended for the ear, or by a similar one, only somewhat longer, or they may be pushed back, so as to fall into the mouth. Do not make too many experiments, but rather apply to a surgeon who has the necessary instruments. The swelling of the nose, which will sometimes prevent the extracting of an object, or which remains after it has been extracted, may be considerably lessened by Acon. and Arn.; if



this does not succeed, give Rhus or Bell. For the remaining pain and suppuration, give Sulph.

#### 4. IN THE THROAT.

Make the patient throw up, by beating him between the shoulders; let him open his mouth, press down his tongue with a spoon, look into the throat, in order to ascertain whether there be any thing which can be seized and brought out with the fingers.

If a large piece of food remains in the throat on account of its size and hardness, it is advisable to excite vomiting, particularly if, upon retching, you perceive the obstruction moving upward. Tickling the throat sometimes will do, if not, put snuff on the tongue, or give an injection of tobacco. When it can be felt on the outside of the throat, a gentle pressure upward may also force it up. At first you ought to endeavour to make the sufferer throw up again what has been swallowed, but do not proceed with too much violence. If the morsel has already descended too far, so that nothing of it can be felt in the throat, and it seems, as if it were sticking fast in the chest, it must go down into the stomach, particularly if it is soft, smooth and soluble, and is only arrested on account of its size. If the sufferer feels that at times it slips down, let the morsel glide of itself into the stomach, and give merely a little water, provided, it is a substance which will not swell. Otherwise, a little melted butter, or if the symptoms are too troublesome, endeavour to push it down. For this purpose take a smooth willow twig, or a small piece of whalebone, scraped perfectly smooth, and tie to the end of it a bit of sponge. To be able to fasten it on well, cut a few notches in the stick, and use waxed thread or silk. Rub some sweet oil on this instrument, and introduce it cautiously into the throat, pushing gently against the back of the throat.

If a contraction takes place, to prevent the morsel from moving, if pains, difficulty of breathing, and other symptoms

make their appearance, give Ign.; and if this fails, Cham.; then some sweet oil or butter; and after this, try again to push it down.

Frequently the sensation of something sticking in the throat will remain, although the thing has already descended into the stomach. This, however, is of no consequence, and will disappear of its own accord, or after medicine. You may judge that this is the case when the pain increases no longer, but remains the same, and when no other symptoms appear; also when things soft or fluid can be swallowed without coming up again, and which, when passing the sore spot, produce some pain, without making it much worse. In such cases give Arn., and if this fails, Merc. viv., or one of the medicines prescribed below. But if, on the other hand, there are small particles still remaining in the throat, producing constant irritation, give Sil.

If a bone remains in the throat, which is so large that it cannot go down, extract it in the manner recommended below, or let a surgeon be called for.

With sharp, pointed articles, such as pieces of glass, fish bones, small bones, needles, &c., be cautious and use no violence. Frequently swallowing a large morsel of slightly chewed bread, figs, dried prunes, &c., will be sufficient; or if they are small pointed particles, which pierce the membrane, pills made of wax as large as a musket ball, dipped in honey; they are best made of wax from the hive, and rolled in the honey until they become round and smooth.

When the dangerous symptoms, violent pain, retching almost to suffocation, great anguish, fits, &c., are produced, hasten to extract the obstruction, or at least to loosen it. A violin string will answer this purpose, or a fine wire, bent, which must be introduced in such a manner that both ends of the sling are out of the mouth. Push it until it is below the painful spot, move it up and down, and twirl it round several times, then draw it up again slowly. In some cases

a piece of whalebone, or a small willow twig, is better, as described above. Carefully twist the end until the sponge is below the object, then give a mouthful of water, and after the sponge has swelled a little, draw it up slowly. You may also tie a bushy quill to a thread, and push it, the barrel foremost, down the throat, so that the feathery part when pulled up may press against the sides, and on being turned several times may loosen and bring up the foreign object. Or you may tie to a willow twig a number of silk slings, made like those for catching birds, which you may introduce in the manner above described, and turn round several times, when you may bring up needles, or the like. When needles or fish-bones have stuck in the throat, it has been of use to tie a piece of meat or bacon to a thread, to let the patient swallow it, and after it has passed the painful spot, to pull it up again. If necessary, or when splinters of glass stick in the throat, take the upper end of a tallow candle, tie a strong thread to the wick, let it be swallowed and pull it up again, repeating this several times. In dangerous cases, always take whatever is at hand, considering of what nature the substance swallowed is. Thus, a fish-hook being swallowed the string hanging out of the patient's mouth, may be detached from the flesh by a leaden ball prepared, with a hole, for this purpose.

In all such cases let the head lean backwards, upon somebody's breast, press the tongue down with the left forefinger, and introduce the instrument, previously oiled, slowly and carefully, pressing against the back part of the throat. From the sudden resistance, or the convulsive motion and pain of the sufferer, you will know that the instrument is near the obstruction, or at the painful spot. In pulling it up, be careful not to strike against the larynx, and lose again what you have brought up. Rather press the instrument a little against one side, and bend the head quickly forward, as soon as the end of the instrument reaches the top of the throat.

In very dangerous cases, where even the experienced practitioner is unable to afford relief, the last alternative is to make an incision in the throat, whereby, sometimes, persons may be saved who were supposed to be suffocated.

## 5. IN THE LARYNX AND WINDPIPE.

When a person talks or laughs when swallowing or breathing rapidly, whilst holding something in his mouth; or when children in their play, catch something with their mouth which is thrown towards them, and it gets into the larynx or windpipe, ("going the wrong way," as the phrase is,)—beating with the flat hand on the back whilst the sufferer bends forward, or blowing snuff up the nose to induce him to sneeze, or tickling him with a feather in the throat to produce vomiting, is not always attended with success, but, in trifling cases, it sometimes makes it worse. Neither too many nor too violent attempts of this kind ought to be made. In the beginning you may cause the head to be bent back as far as possible, that the object may be brought up by coughing. Yet not much can be expected from all this, when the foreign substance is really firm in the windpipe. You may sometimes ascertain whether there is anything actually in the larynx, by taking hold of the latter and shaking it very gently with your thumb and forefinger once or twice. The obstruction will then be perceived to rattle, if it is loose or sufficiently large. Either medicine will put the patient to sleep, and whilst asleep the extraneous matter gives way of itself (the head, in this case, must not be high), or if the danger increases notwithstanding the medicines, an operation must be performed. Hasten, therefore, to call in the nearest experienced surgeon who knows how to make the incision in the windpipe,—the only means which can save the patient,—and which sometimes succeeds even when he appears already suffocated. This operation, if properly performed, is by no means so dangerous and difficult as it would



appear, for most of those who are operated upon recover; and even those who have severed the windpipe in an attempt at suicide have, not unfrequently, been restored. It is, therefore, unwise not to have recourse to this operation, if a skillful surgeon can be procured in time.

As the symptoms frequently resemble those of obstruction in the throat, you should always look into the mouth, whilst pressing down the tongue, and try if you can feel any thing with your fingers or a spoon; also try with whalebone or a willow twig whether you can feel any substance in the throat. You may likewise know by the following signs that something is in the windpipe: the pain is more towards the front, so that the sufferer can point it out with his finger; when the thing is in the throat, the pain is more back. The difficulty in swallowing and breathing is, in both cases, the same; but when the windpipe is obstructed, breathing is particularly difficult, the face is bloated and purple, the eyes protrude; but the voice is, in the latter case, more affected, becomes hoarse, or is gone altogether; the cough whistles or rattles, and threatens to terminate in suffocation. The symptoms, in some cases, do not at first appear to be of great consequence, but they increase gradually, or sometimes they disappear altogether, and return with greater violence.

If the foreign substance is not located in but below the Glottis, and respiration is not impeded by it, the patient may seem to be in good health for days and even for weeks, without experiencing any cough or other affections. Of a sudden, however, he will be taken with violent spells of coughing almost to suffocation, the attacks resembling those of croup. In such cases, if *Tart. em.* or *Sil.* do not afford immediate relief, there is little hope remaining. Neither will an incision be of avail, if between the attacks of coughing, respiration becomes more and more difficult and heaving. By this time the lungs have become hepatized, and the sufferer must die whether an incision be attempted, or not.

After having ascertained that the obstruction is in the wind-pipe, give, at once, *Ipec.*, repeating the dose, if it affords relief, as often as the symptoms become worse again. Nothing besides this but sugar or sugar-water should be given. Until medical aid can be procured you may give *Ipec.*, and if it does not suffice, *Bell.*, which may often have a good effect. When the patient falls asleep, do not disturb him; and if the symptoms re-appear, do not immediately give a fresh dose, but wait until they are really worse. Sometimes the object is ejected during sleep. If *Bell.* does not suffice, or if symptoms remain after the danger is over, you may give *Hep.* If, despite of all these remedies, the patient should be in danger of suffocation, give *Tart. em.*; or, when the patient becomes purple in the face, first *Op.* every quarter of an hour.

When dust has been inhaled, which causes violent cough, or hair or feathers have got into the windpipe, *Bell.* will be of service; afterwards give *Hep.* The relief will, however, be but gradual. It is well to give, at the same time, some sugar or gum Arabic.

If anything has got into the throat of a child, and is located in or near the upper part of the larynx, frequent attacks of a suffocating cough will ensue, which *Tart. em.* will greatly relieve. If the attacks return continually, or, as soon as there is a cough attended with an offensive smell, give *Sil.*, in the evening and morning. In almost all instances gradual improvement will thereby be affected, the patient getting rid of the obstruction by coughing, or by swallowing it down. In tedious cases *Hep.* may be given with *Sil.* alternately.

## 6. IN THE STOMACH AND INTESTINES.

The eating of thin, mild and glutinous food generally suffices; whatever is heating, irritating or sour should be avoided, and the discharge of the swallowed, indigestible body be quietly waited for. Rubbing and kneading softly, or lying on the belly, frequent moderate exercise, without violent

exertion, may accelerate this event. Coins, rings, leaden balls, &c., though much larger than the thin intestines, pass off, notwithstanding, after some time, without any pain, if proper attention is paid to the diet and mode of living. A person who is disposed to be costive should take no aperient medicine, which weakens the intestines, but should eat light food, much butter, and have, daily, an injection of warm water or milk administered.

In all such cases the excrement ought to fall into a vessel in which there is water, that it may be stirred and strained through a sieve or basket, or, if needles had been swallowed, through a coarse cloth, to ascertain whether the article swallowed, has been discharged. Needles sometimes make quite a different passage for themselves, and come out without causing any injury; if they remain too long, give, every week, Sil., or, afterwards, Hep., for a change.

If, some time after needles or coins have been swallowed, bad symptoms make their appearance, such as violent pains in a particular spot of the abdomen, as if something were jammed, give Ipec. If it does good, repeat it as often as it gets worse again; if not, give Nux vom. Should, notwithstanding, more violent symptoms, severe colic and constipation appear, give Op. in frequent doses; if violent attacks, with a throbbing pain in a particular spot, as if suppuration was about to commence, give Lach.

Sometimes things which have been swallowed pass, without any difficulty, through the intestines, and remain in the anus. Give injections of linseed oil, olive oil, or milk; cut long, thick strips of bacon, and put them into the rectum, letting one half hang out, or hold them by a thread, that the bacon may protect the anus against the hard substance. In this manner the latter is frequently extracted with much facility, particularly if somebody assists with a piece of rounded whalebone or with the handle of a silver spoon. If you

cannot succeed with it, send for a physician, and let him examine the parts; but have recourse to no aperients, which may prove dangerous. If the anus closes convulsively, give Ign.

Leeches, introduced into the stomach, cause painful consequences, a burning pain, hiccough, spitting of blood and a slow fever, reducing the patient visibly. Administer, immediately, a great deal of common salt, dissolved in water, and occasionally melted butter; to children give sometimes sugar, until the symptoms cease. Then give Arn., and, some days after, Ars.

When other live creatures have got into the stomach, if they are insects, let the patient swallow some sweet oil or fresh salt butter; and if he finds no relief, let him swallow a bit of camphor of the size of a pea, ground with oil. When worms, snakes, frogs, &c., have got into the stomach, let the patient drink sugar-water and eat sugar, until it acts as an aperient. If this does not succeed, give pills made of bread and tobacco, of the size of a pea, in the night, before going to bed, and in the morning fasting. To children, but one pill; to grown persons, two or three; to persons who are in the habit of smoking or chewing, from five to six, and gradually more. The bad effects of these pills will be obviated by smelling camphor, and giving Ipec. several times, or Nux vom., in the evening.

## 7. IN THE SKIN.

When anything has got under the skin, proceed as recommended above, under the head of "Wounds." We shall only mention here what is to be done when a number of small, pointed particles, such as thorns, thistles, &c., stick in the skin. Put oil on the spot, and hold it as near to the fire as you can bear; take a common knife, not too sharp, and scrape the skin slowly. Apply the whole blade, as if shaving, and press moderately hard. When the thorns have entered



obliquely, scrape with the grain, so as to press first upon the points. Repeat this operation, and put on oil and hold it to the fire until every thing is extracted.

The same may be done when glass splinters have got into the skin; but this is very painful, and it is better to let them come out by suppuration, treating the whole spot like any other wound. If the splinters do not come out after Arn., give Hep.; and if that does not bring them out, Sil. In cases where the suppuration is very deep, and neither Sil. nor Hep. will bring them out, give Lach. a couple of times, or, afterwards Merc. viv.

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# PART SECOND.

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## TREATMENT OF DISEASES.

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### CHAPTER I.

### AFFECTIONS OF THE HEAD.

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#### GIDDINESS.

Giddiness sometimes arises from causes which medicine may remove; such are, disordered or foul stomach, weakening evacuations, ardent spirits, narcotic medicines, and falls or blows on the head. Sometimes it is connected with other complaints, and can only be removed by attention to the general health of the patient.

A person who is subject to giddiness should be moderate in eating and drinking — should rise early, walk frequently in the open air, and use the flesh-brush in the evening.

Giddiness, with nausea, vomiting and risings, is relieved by Acon.; and if the stomach continues in a disordered state, Puls. or Ant.

Giddiness during dinner, or after hearty meals, is alarming. Temperance, and Arn. in the morning, frequently give relief; also Nux vom., Cham., Puls., Rhus and Cocc., according to the disposition of the patient.

Giddiness after suppressed ulcers is a bad symptom; sometimes Sulph. or Calc. cures it.

If the giddiness appears only in the evening, and is accompanied by dimness of sight, give Merc. viv.; if by sparkling before the eyes when moving, increased by stooping, Bell.;

if by sitting upright in bed, Cocc.; if attended with headache and a feeling of pressure on the top of the head, Phosph.

Giddiness from close thinking is relieved by Nux vom.; from looking up, by Puls.; on moving — better when lying — Chin.; in the bed, Nux vom.; on lying down, Rhus; on rising, Cham.; on stooping, Acon., and afterward Bell.; from riding, Hep., and afterward Sil.; when sitting, Puls.

Giddiness, with partial loss of consciousness, or agitation, Bell.; so bad as to make the patient apt to fall, or fear that he is going to die, Rhus; with buzzing in the ear, headache, heat or paleness of the face, dimness of the eyes, Puls.; with weakness in the head, Chin.; with bleeding of the nose, Sulph.; with fainting, Cham., subsequently Hep.

### WEAKNESS OF MEMORY.

Weakness of memory, from bleeding, purging and other debilitating causes, Chin. or Lach. removes; from blows on the head, Arn.; from spirituous liquors, Nux vom.; from fright, anger, vexation, select among the remedies recommended Part I. Chapter 1., particularly Acon. and Staph.; from damp air, Verat., Rhus, or Carb. veg.; with determination of blood to the head, particularly Acon. and Bell.; and among the remedies prescribed for these causes, Chin., Rhus, Merc. viv. or Sulph. Besides, wash the head every evening with cold water, and tie a handkerchief round it; and every morning wash the forehead and eyes in very cold water.

A better remedy, perhaps, is to place the feet, up to the ankles, before going to bed, in very cold water for two or three minutes, after which rub them very thoroughly.

### DETERMINATION OF BLOOD TO THE HEAD.

This is a very troublesome, and when of long continuance, a dangerous complaint. The arteries in the head can be felt to beat as the pulse beats; the veins of the head and neck

are swelled, the head feels full; frequent giddiness takes place, particularly when stooping or when walking in the sun; as if the head over the eyes would burst — worse when stooping and coughing — give Acon.; if it does good, repeat it. Cold applications to the feet are recommended. At the same time abstain from coffee, wine and ardent spirits, and be moderate in the use of warm drinks — but drink freely of cold water, and wash the neck and head frequently with it. If this should not afford relief, and the patient is very irritable, passionate, — has drunk much ardent spirits, or has been much confined, give Nux vom.

If he has severe, jerking, burning, shooting pains on one side of the head or violent pressure in the forehead at every step or motion, increased by stooping, or even by noise, or the glare of light, give Bell.

If accompanied by sparkling, flickering before the eyes, seeing double, buzzing in the ears, frequent fainting, stunning, heavy sleep; if children are teething, or when girls have arrived at the age of puberty, or if they have caught cold during menstruation, particularly from wet feet, give first Acon., and 6, 8, or 12 hours after, Bell.

#### 1. CAUSED BY JOY OR EXCITEMENT.

If occasioned by excess of joy, or accompanied by too great an excitement, give Cof.; after a fright, Op.; after vexation, Cham.; after suppressed vexation, Ign.; after anger, Nux vom., as mentioned before, when treating of these causes. When caused by a fall or blow upon the head, Arn., which may be repeated 24 hours after, if requisite. The bleeding from the nose which is apt to accompany it, should not be interfered with.

#### 2. CAUSED BY DEBILITY.

If the determination of the blood is caused by great debility, give Chin.; if it returns every time after taking cold, Dulc.; if it returns after lifting something heavy, Rhus;



when at the same time the patient perspires too easily, and too much, give Merc. viv.; if he feels cold, let him smell camphor a couple of times. If, in spite of all these remedies, it returns, give Sulph., if the patient has not already had this medicine; if so, give Hep., and if this fails, a fortnight after, Sil., but at most two or three times.

If the first mentioned medicines do not immediately operate, and there appears to be danger, make a poultice of oatmeal, and wrap it quite warm around the feet; or bathe the feet in very warm water, and repeat it frequently until there is an improvement or until a feeling of chilliness comes on; if the bowels are not open, give injections of pure milk-warm water.

## HEADACHE.

In the treatment of this common complaint, we may frequently be guided by the causes which produce the pain, or by the other complaints which accompany it; it is, however, necessary to distinguish the different kinds of headache, as the same medicine may prove beneficial or injurious under different circumstances.

### 1. HEADACHE FROM DETERMINATION OF BLOOD TO THE HEAD.

When it *proceeds from a determination of the blood* to the head, or from inflammation, it is usually throbbing, attended with heat, the arteries on the neck are seen to beat; if the pain increases, vomiting ensues; the headache becomes worse after shaking, moving the head, lying and stooping, sometimes better when standing. Among the domestic remedies, vinegar is the best; place crusts of bread, which have been soaked in vinegar, on the temples, and give injections of warm water; if they do not afford relief, mix some vinegar with the water, bathe the feet in warm water, and afterwards rub the feet with flannel. Persons who are liable to this complaint, should accustom themselves to drink much cold

water, and rub the head every morning with a cold, wet cloth, particularly the forehead and temples, and bathe the feet in cold water every evening before going to bed.

When the pain is very severe, with a burning sensation over the whole brain, particularly in the forehead, the face red and bloated, the eyes red; when the pain is accompanied by talking incoherently, or raving, discontinue the vinegar and give Acon.; if the patient improves, give the medicine sufficient time to operate; if he grows worse, repeat the dose; if it loses its effect, give Bell., or give each medicine alternately.

If the pain is seated deeper, is oppressive and heavy, and the face pale and haggard, with unconsciousness, incoherent talking, murmuring, drowsiness, give Bell., and wait several hours.

If the pain is dull, oppressive, on one side only, very harassing and weakening; if it commences in the hinder part of the head or at the root of the nose, and goes back; is mitigated by compressing or lying; is worse when sitting, better when walking; if the head is heavy, the face pale, with dizziness, agitation, inclination to cry, give Puls.

For burning, throbbing pain, with fullness of the head; oppressive weight, crawling, or a sensation as if a fluid was rolling inside, as if every thing were loose, particularly when felt after meals, give Rhus.

## 2. HEADACHE FROM CAUSES WHICH LIE IN THE BLOOD.

When similar headache, *of which the cause lies in the blood*, makes its appearance after meals, with great drowsiness, stiffness, and pains in the back of the neck, the speech being thick, or the face distorted, the mouth drawn to one side, the limbs falling asleep, give Bell. or Nux vom.; bathe the feet in hot water, send quickly for a physician, and treat the patient as recommended under „Apoplexy.”

## 3. HEADACHE CAUSED BY CATARRH.

When *caused by catarrh*, headache is mostly in the forehead, oppressive, burning, better in the morning, worse in the evening, the eyes full of tears, sneezing, dry heat in the nose, frequent chills, sometimes a little cough; in this case it is advisable to draw warm water into the nose, and drink cold water before going to bed. If it is better in the air, but worse when talking, give Acon. If it is worse in the air, when reading or thinking; if it presses like a load, draws and tears, give Cin.; if the nose commences to run, the discharge being acrid, if it causes hoarseness, restlessness, and is accompanied by buzzing in the ears, throbbing in the forehead, nausea, better in the air or in a warm room, give Ars. For other remedies, see "Catarrh."

## 4. HEADACHE FROM RHEUMATISM.

*Rheumatic pains*, when seeming to tear and draw, when they frequently change their place, go to the nape of the neck, the ears and the temples; when the head pains externally when touched or moved, worse in bed towards midnight, frequent perspiration; when small swellings appear in different parts, or when vomiting gives relief, frequent warm bathing of the feet is sometimes of service, also the drawing of hot vapor into the nose, and combing the hair every evening. The best remedy, however, is Cham.; and if this does not afford relief, some hours after, give Nux vom. in the evening, or Puls. in the morning. Gout produces nearly the same sensation, only that the pains are still more gnawing and tearing, relieved by heat, and cease when the patient vomits. Give Ipec.; if this affords no relief, particularly when the worst pain is over the nose, or is rooting, piercing, tearing, deep in the head, and better when stooping or lying down, give Ign.; when there are shooting pains in the side of the head, worse in the air or when stooping, Nux vom.; for the

very worst rheumatic pains, give Coloc.; but if this does not operate speedily, give a little coffee without milk.

For gout in the head, when the pains are tearing and beating all over the head, with a sensation as if it were coming apart, with agitation, restlessness, tossing about; nausea with rising of wind and retching, Ipec., Nux vom. and Bry. will sometimes afford speedy relief; if they do not suffice, Sep. is the best remedy.

#### 5. HEADACHE FROM DISORDERED STOMACH AND BOWELS.

*Disorders of the stomach and bowels frequently produce headache.* When produced by undigested food, strong coffee without milk or sugar is very useful; but if by a foul stomach, give the remedies recommended under that head; if the bowels are constipated, injections of warm water will give relief.

The symptoms accompanying this kind of headache are: a furred tongue, bad taste, entire loss of appetite, nausea or vomiting, coming on at an early stage, and increasing with the pain. If, on the contrary, the headache is of a neuralgic character, it produces nausea and vomiting at a later and highly aggravated stage. If headache is the cause of the sickness of the stomach, give the remedy for headache; but if the disordered stomach is the cause of the headache, give the remedies for disordered stomach.

#### 6. HEADACHE FROM CONSTIPATION.

*Constipation causing determination of the blood to the head and headache* is generally cured by Bry., Nux vom., or Op. If walking or moving the head makes the brain feel sore, if there is pressing in the temples, and neither sitting up nor lying down gives relief; when the eyes are dull with inclination to shut them, and sleeplessness notwithstanding; if the head feels heavy, particularly when moving the eyes, as if it would burst during mental application; when it is worse in



the morning, in the open air, or after meals, and particularly after coffee, or when there is a loathing of coffee, give *Nux vom.* When the pains are only on one side, with little determination of blood, but shivering, no thirst, when persons of a mild and quiet temperament incline to weep and are agitated, give *Puls.* When the head feels as if pressed together from both sides, and when on stooping, as if every thing would fall out of the forehead; when the nose bleeds, without affording relief; when the eyes water and burn, give *Bry.*, which may be repeated 6 or 12 hours after. If the pain is violent, with a tearing, bursting sensation in the forehead, external throbbing in the temples, considerable congestion of blood, restlessness of the eyes, much thirst, dryness of the mouth, sour risings, inclination to vomit, and even foul and offensive vomiting, give *Op.*; if it does good, repeat it every 2 or 3 hours, or still oftener, until no longer required, or another remedy may be given; frequently *Merc. viv.* will suit when the head seems full to bursting, as if tied with a bandage, worse at night, tearing, burning, boring, shooting pain.

If nausea commences with the headache, if every part of the head to the very tongue feels as if bruised, if vomiting or retching follows, give *Ipec.* If continued costiveness occasions a determination of blood to the head, with pains on one side, oppressive throbbing as if the brain were bruised, with a strangling sensation in the throat, or with stomach-ache, with painful stiffness of the neck, frequent emission of pale colored urine, nausea and vomiting, give *Verat.*, *Lyc.* or *Sep.*

#### 7. SICK HEADACHE.

*Sang.* will give relief, if the pain comes on periodically, or if it begins in the morning and lasts till night, with a fullness of the head, as if it would split, or as if the eyes were pressed outwards; or if there is a shooting, stinging, beating pain throughout the head, but more in the forehead and worse on the

right side, attended with chills, nausea, vomiting, inclination to lie down, and if the symptoms are made worse by motion.

*Bell.* is the next best remedy, when the pains are worse on the right side, when the external part of the head is very sensitive, the veins of the head and hands being swelled, — painful waving in the head, buzzing in the ears and dimness of the eyes. It is likewise beneficial in the worst pains, extending to the eyes and nose, on one side of the head, with a pressing, cleaving, rolling sensation, augmented at every motion, at the turning of the eyes, by a bright light, by every noise, the walking of others, in fact at every concussion; when there is a jolting sensation in the head and forehead at every step, or on going up stairs; also, when the pain returns every afternoon, and continues till after midnight, aggravated by the warmth of the bed, or on lying down; worse when in a draught. Also, in pains which commence like a breath, changing to an acute pain, seizing half the head; sometimes piercing momentarily, but so penetrating as to deprive the sufferer of his senses.

*Sepia* proves very beneficial in very severe cases where the pain is mostly above *the right eye*, shooting, and boring, so that the patient screams out, with nausea and vomiting, made worse by shaking or moving the head.

*Aconite* will relieve a similar pain on the *left side*, and if it is not entirely gone, an hour after having given *Acon.*, give Sulph. or Sil. with which the symptoms may be compared under the head of "nervous headache,"

*Spigelia* is suitable in the worst pains on the left side, if they are attended with an insupportable beating in the temple, and with pain in the whole left side of the head, and sometimes pain in the face and teeth, increasing with the ascending of the sun, or augmented by stooping, and motion, in the open air, with the greatest sensibility to the least noise, and if attended with a fetid odor from the mouth. In selecting a remedy the following may be taken as a guide.

If the pain is accompanied with great sensitiveness to the light, give Bell.;

If the pain is accompanied with great sensitiveness to noise, Spigelia;

If the pain is accompanied with great sensitiveness to the walking of others in the room, Sang.;

If the pain is accompanied with great sensitiveness to all kinds of odor, give *Sulph* or *Acon.*;

If the patient dislikes to be touched, complains of his bed, is peculiarly sensitive to thunder storms, to the cold air, is easily vexed, give Sep.

#### 8. NERVOUS HEADACHE.

*In headache arising from an affection of the nerves*, the head is generally cool, the face pale, in the beginning the patient sometimes discharges a colorless urine; vomiting gives relief; the headache, however, returns frequently on one side only, or is rooting, as if produced by a nail on particular spots; touching the head increases the pain. Lying down quietly in a dark room mitigates the pain during the paroxysms; it may be prevented by frequent washing in cold water, by rubbing and brushing the skin, and by using the undermentioned medicines. Coffee is so injurious in this headache, even if it should give relief during the attack, that the patient must entirely abstain from it.

Cof. will do good in violent, drawing, pressing pains on one side of the head, as if a nail were driven into it; as if the brain were shattered, crushed and torn, recurring on the slightest occasion, after close thinking, vexation, taking cold, eating too much, &c., with a distaste for coffee, sensitiveness at the least noise, even music; the pains appear intolerable, making the patient fretful; he is almost beside himself, shrieks and cries, tosses about, feels much agitated, dreads the fresh air, and is chilly. Cof. may be repeated frequently, if required; afterwards Nux vom., and sometimes Ign. and Puls.

Acon. often proves efficacious when the pains are most violent; when the patient lies unconscious, at intervals retching, crying and lamenting, and apprehensive of dying; the least noise or motion is intolerable; the pulse very weak and small, stopping at intervals; particularly when the pain is throbbing, shooting or crampy over the nose, aggravated by the reading and speaking of others; also in headache from cold, with catarrh, buzzing in the ears and pains in the abdomen; also with the disagreeable sensation, as if a ball were rising up into the head, producing a sensation as of cool air.

Ign. will relieve the pressing pain above the nose, which is mitigated by bending forward; pressing outwards from within, shooting and throbbing; tearing in the forehead, as if a nail were driven through the head, piercing deep into the brain; with nausea, darkness before the eyes, aversion to light, pale face, much colorless urine; the pains often cease for a time when the position is changed, and frequently return after meals, at night after lying down, in the morning after getting up; the patient being very nervous, fickle-minded, taciturn and dejected.

Acon. may be given for the symptoms mentioned after Bell., under the head of "Sick headache," and if Acon. has not a good effect, give some hours afterwards, Bell. Leave it to operate at least from six to twelve hours; if the said sensation then continues, as if there were water in the forehead, and does not gradually disperse, Plat. may afford relief, particularly when there is a sensation of coldness in the ears, the eyes, on one side of the face, and about the mouth; or if every thing trembles and flickers before the eyes, and objects appear smaller than usual. You may also give Merc. viv. when Bell. has ceased to operate, or when the pain shoots down into the teeth and neck; acute pains in the ears, only on the left side; or when always very violent at night, with perspiration, which affords no relief. After Merc. viv. or



Bell., sometimes Hep. is found suitable, when the pain is as from a nail driven into the head, with violent, rending pains during the night, as if the forehead would burst, and when painful lumps appear on the head.

Verat. is frequently of use in nervous headache; also, when the hair seems tender; when accompanied by diarrhoea, and the pains are so severe that the patient loses his reason, or becomes, at least, very weak, faint, worse when getting up, and when lying in bed, with cold perspiration, chills and thirst. For the rest of the symptoms see what is said above of headache from constipation.

Puls. appeases the tearing pains, which grow worse in the evening, or are throbbing, tingling after rising in the morning, and in the evening after lying down; with jerking, shooting, tearing in the temples, particularly when the pain is only on one side of the head, accompanied by frequent giddiness, sickness of the stomach, heaviness of the head, dimness of the eyes, which cannot bear the light; buzzing in the ears, or shooting, jerking and tearing; pale, doleful face, no appetite, no thirst; chilly, agitated, with occasional bleeding at the nose, and palpitation of the heart. When all the symptoms are worse when at rest or sitting, and become better in the fresh air, the headache is relieved by pressure or a tight bandage. It answers best with mild, phlegmatic persons.

Bry. is good for burning and oppressive pains in the head, or when, while stooping it seems as if something were about to fall out of the forehead; worse when walking; or more external tearing, extending to the face and temples, or pressing, rooting, rending in particular spots, especially with persons suffering from rheumatism, and of petulant, passionate temper. Rhus will frequently be found of service after Bry.

Nux vom., as mentioned before, is suitable for headache from constipation, coffee drinking; also, when the pain resembles the piercing of a nail, or stinging jerks, with nausea and sour vomiting; when there is a shooting and oppressive

sensation on one side, beginning early in the morning, and growing worse and worse, until the patient is distracted, and well nigh delirious; when the brain feels as if rent asunder, and the face becomes pale and dejected, the head heavy, with a buzzing noise and giddiness when walking; worse when moving the eyes, in the air, early in the morning, after meals, or when stooping; also, when the head is externally painful, and worse in cold weather.

Cham. relieves the pains in the head which are caused by a cold, or by drinking coffee, when there is a rending or drawing pain on one side, extending to the jaw; acute, shooting pains in the temples, heaviness over the nose, or very troublesome throbbing; particularly when one cheek is red and the other pale, or the whole face bloated; when the eyes are painful, attended by a sore throat or cold in the chest, or a bitter, offensive taste. It is useful for children, and for persons unable to bear the least pain, and quite unmanageable.

Chin. is suitable for sensitive persons, when the pain is oppressive, and prevents them from sleeping at night, or when it tears in the temples, as if the head were bursting; rooting in the vertex, whilst the brain feels as if bruised; jerking, and rending, and rolling, and bursting, worse when walking, at every motion, when opening the eyes; relieved by lying down and being quiet; particularly when the skin is tender to the touch. For discontented persons; stubborn, disobedient children, who are fond of dainties, and have a pale complexion, red and hot only at times; when they become very talkative, or are restless the whole night. It often suits after Cof.

Ant. crud. may sometimes be given for a disordered stomach or cold, or when an eruption has been driven in, and pains ensue; particularly when they are in the bones; dull rooting in the temples and forehead, rending, tearing; improving in the air, aggravated by going up stairs. It

answers well after Puls., when the disorder of the stomach is obstinate, or when the headache causes the hair to fall out.

Coloc. is efficacious in the most excruciating headache, furiously tearing or when the pain is on one side, tearing, oppressive, squeezing; pressing in the forehead, aggravated by stooping and lying on the back; in attacks coming every afternoon or towards evening, on the left side, with great restlessness and agitation; particularly when the perspiration smells like urine, with small or offensive discharges of urine; while during the pain, the discharge is considerable and very clear.

Caps. is sometimes given for throbbing headache, or such as is distending, bursting, pressing outwards, worse when walking or moving; tingling, tearing when at rest; when moving the head or eyes and stooping aggravate it, also worse in the air and cold; with phlegmatic, sluggish persons, who easily take offence, or with children who are very refractory, clumsy and awkward; particularly such as are afraid of the air and of exercise, and are chilly, especially after drinking.

When the above medicines do not afford relief, try the following, which must always be given in water, in the proportion of one or two globules to a wineglass, of this give a teaspoonful every 2 or 3 hours.

Sulph. for throbbing, tearing pains, with heat, principally in the morning and evening; with nausea, worse in the air, better within doors; tearing, with a stunning sensation and pressure; it returns weekly; loss of hair, after suppressed, cutaneous eruptions, ulcers, or perspiration.

Ars. for the same pains, if worse within doors and better in the open air.

Sil. also, for beating, throbbing pains, with heat and determination of the blood to the head; when caused by exertion, speaking or stooping, with nightly pains from the neck to the top of the head; for tearing pain every forenoon; when every thing has a tendency towards the forehead and eyes;

when swellings appear on the head, the hair comes out, the skin very tender, the pain extending to the nose or face, with perspiration of the head.

Sep. for stinging, boring, also throbbing pains, mostly in the region of the temples, or just above the brow, where there is often a sensitiveness to the slightest touch; pains so violent as to induce screaming, attended with nausea and vomiting, increased by every motion, alleviated by keeping quiet, in the dark and with the eyes closed, drowsiness producing a disposition to sleep which, if indulged in long enough, causes the pain to cease entirely.

Violent headache, with great weakness, indifference and despondency, often indicates the approach of a serious disease which may be prevented either by Verat. or Ars. If they do not suit the symptoms, give Phosph. acid.

#### 9. HEADACHE CAUSED BY SUPPRESSION OF RHEUMATISM, GOUT, ERUPTIONS, &c.

When rheumatism, gout, erysipelas, eruptions or ulcers have been suppressed, a dangerous headache frequently follows, which ought not to be neglected. Give the same remedies applicable to these complaints; and see, at the same time, what has been said in the preceding pages relative to medicine for the headache.

If, in consequence of the suppression of the eruption in scarlet fever, erysipelas, measles, &c., pains in the head ensue which, by degrees, make the patient unconscious, or if these symptoms occur in fever attendant on a cold in the head, or when a cold in the head has been suppressed, or if children are teething with difficulty — there is no time to be lost. Take Cup. 1., dissolve as much of it as will lie on the end of a penknife in a glass of water, and of this solution give to adults a dessertspoonful, to children a small teaspoonful, every quarter or half hour; if there is improvement, lengthen



the interval. In all such cases you must take care to procure a homœopathic physician, if possible.

When the pain is seated deep in the socket of the eyes, acute shooting pain through the brain, accompanied by weakness of the eyes, it is a symptom of approaching blindness. If neither Bell. nor Sulph. give relief, apply without delay to a homœopathic physician.

When a pain always re-appears in the same spot, deep in the brain, and on the other side of the body lameness, crawling, jerking and similar affections, it can scarcely be cured — but you may apply to a physician.

When aged persons have continual headache, and at the same time discharge but little urine, which is thick, turbid and offensive, it forebodes nothing good. They must drink much water, brush the skin, and apply to a physician.

For scald head, eruptions in the face, see "Eruptions."

### LOSING THE HAIR.

When what you lose is replaced by growth, no other medicine is required than frequent washing, brushing and combing; but if the hair becomes thinner, have it cut a little once a month, when the moon is increasing. Washing the head frequently in cold water, particularly in the evening, and afterward binding a handkerchief round the head, will be of service when the hair is getting thin; if this fails, try beer. If the hair is too dry, oil, grease, ointments and pomatum are injurious; washing once a week with fine soap is much better; if that should not answer, boil wheat bran, strain it, and wash the head once a week with the decoction. A thin lye made from the ashes of beachwood, is efficacious in some instances where the hair is dry, or where there is dandruff either loose or adhering very closely. It may be used by dipping a fine tooth-comb or a sponge into it, cleansing the head afterwards with cold water. When the hair splits, it may be advisable to use a little grease or oil — bear's grease is best —

and to cut the ends every other day. When single bald spots appear, it may at times be serviceable to shave them and part of the surrounding hair; if this does not succeed after a fortnight's trial, rub the spot once a week with a sliced onion in the evening, or with the pomatum below mentioned. When persons become bald after severe illness, washing the head morning and evening with pure spring water is very proper; if the baldness is hereditary, all attempts at preserving the hair are useless. When baldness appears early in life, the following pomatum is very useful; melt the marrow out of beef bones by the fire, put a single drop of tincture of cantharides into a saucer, mix gradually as much marrow with it as will fill the saucer, stirring and beating it up all the time; with this mixture rub the bald spots once every third or fourth evening.

If the hair falls out from debilitating causes, give Chin., and afterward Ferr. Also, for clammy perspiration in the hair, Chin. is sometimes of service. If the hair falls out from strong perspiration, Merc. viv. may be given. After the use of quinine or bark, give Bell.; after mercury, Hep. or Carb. veg.; after much grief and trouble, Staph. or Phosph. acid.

After inflammatory diseases and nervous fevers, Hep., Calc., Sil. or Lyc.; in chronic headache of an hysterical or gouty kind, with an aversion to have the head covered, Hep.; in frequent headache arising from chronic affections of the stomach and bowels, Lyc., which is also beneficial when the headache is attended with itching and where there is much dandruff.

If all these remedies fail to prevent the loss of hair, take one drop of laurel-oil, or oil of bitter almonds and mix it gradually with two tablespoonful of beef's marrow melted over the fire, or still better, with oil of sweet almonds. Of this pomatum take very little on your fingers and pass them through the hair. Women are apt to loose their hair either from keeping it untied at night, or from tying it too tightly.

## CHAPTER II.

# DISEASES OF THE EYES.

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### GENERAL REMARKS.

All kinds of eye-water, salves and ointments, injure the eyes; almost all contain more or less strong poison — and if they accidentally cure one disease, in most cases a new and worse complaint makes its appearance, sooner or later. Whoever values his eyes ought to shun these poisonous, dangerous, and utterly useless things; simple remedies internally taken, will generally effect a cure — particularly when the eyes have not been injured by quackery.

Pure cold water, as an *external remedy*, is the only wholesome eye-water; it does good in many cases where the eyes are painful, red and burning, when there is cough and catarrh; also in chronic affections of the eyes, with great aversion to light — growing worse on the slightest occasion — particularly from cold winds or cold, wet weather. Apply bread, soaked in cold water. In all cases where the patient cannot bear cold water, or where it proves useless — where not merely burning, and a sensation as if sand were in them, with a dread of the light is felt — but where there are also violent pains and a discharge of acrid tears, lukewarm water will be preferable, applied either on a linen rag or with bread which has been soaked in it, repeating the application whenever the pain increases. When the eyes are very dry, and the eyelids close spasmodically, fresh olive oil is very useful.

When erysipelas affects the eyes, which is known by the redness which spreads far around them, nothing wet should be applied, but warm bags, filled with bran, should be laid on.

When the eyes have been injured by the poisonous sumac, nothing should be applied outwardly; give nothing but the remedies which have already been pointed out against this poison.

When a salve is insisted upon, take the white of a fresh egg, beat it with a teaspoonful of the finest loaf sugar, and a little camphor, to a froth, and put it on the eye. The most rapid cure, however, can be effected by the following remedies, dispensing with the camphor-salve.

### INFLAMMATION AND SWELLING OF THE EYELID.

The *eyelids are sometimes red, inflamed and swelled*, when the eyeballs are not affected. For red hard swelling, with burning heat and dryness, give Acon.; if it has a good but merely temporary effect, repeat it; if the eyelids are pale, of a yellowish red, swelled, shining as if transparent, burning, with tension, and copious secretion in the eyes and nose, perhaps fever, Acon. is the first medicine; if not completely cured in a couple of days, give Hep., particularly in case the pressing pain remains, or the lids feel sore. When the swelling is bad, and Acon. does but little good, or when the lids are much inflamed and continue red and hot, and pus escapes, Sulph. is preferable to Hep., particularly when the eyes are contracted in the morning and the patient cannot endure the light. If no immediate improvement takes place, repeat Acon., which will then have more effect. If Hep. has been given without producing any effect, particularly when the eyelids burn and itch, and are swelled and red — when they stick together and bleed when opened — when the edge is turned inside out, or is heavy and feels as if paralyzed, give Bell.

When the eyelids are inflamed inside, red and painful, burning violently, and the eyes can scarcely be opened, give Ars.; but if they appear as if forcibly contracted, are swelled, difficult to open, and the pain is more acute, with ulcers on the



edges and scabs on the outside, give *Merc. viv.*; and should it not succeed to your satisfaction, *Hep.*

In inflammation of the inner surface of the eyelids — which occurs with infants, and with older children too — when the eyelids are contracted as if by spasm, and if forced asunder, a thick, red swelling appears and mucus of a yellow color, and resembling pus is oozing out, give *Rhus*.

In the most common cases of chronic sore eyelids, which itch in the day-time and stick together at night, are red and somewhat swelled, the edges ulcerated, wet and purulent, causing winking, dread of light, constant catarrh, accompanied sometimes by a severe headache — by heat in the head — give *Euphr.* When the edges burn and itch, feeling very sore when touched, and suppuration makes them adhere not until toward the morning, give *Nux vom.*, which may also be given when *Euphr.* does not suffice; and when this proves ineffective, give *Puls.* If in each inflammation the lids turn outward, with pricking, burning and itching, or without pain, give *Merc. viv.*; later, if necessary, *Hep.*; sometimes *Bell.* is required.

If these remedies fail, and the lids are quite red, with some mucus in the corners of the eyes, the eyes sensitive to the light, and a pricking pain in them, give *Ant.* When the lids burn and smart when reading, and *Sulph.* only afforded partial relief, let the patient take *Calc.*; when there is much crawling on the inside of the lid, increased in the evening, with running of tears, *Chin.* Biting, itching and stiffness in the lids, as if paralyzed, give *Rhus*; convulsive contraction and closing, give *Hyos.*; the upper lids feeling heavy as lead, give *Cham.*; considerable dryness, running of tears, with difficulty of motion and heat, give *Verat.*

### STY ON THE EYELID.

A sty on the eyelid is best cured by *Puls.*, and often disappears soon after taking it; sometimes it may be removed by

touching it with a cold key. Cold water is injurious; a warm poultice of bread and milk left on during the night is better. If they appear often, or leave hard spots behind, or do not open but become indurated, particularly when the eyes are apt to close with suppuration, with biting and burning in the corners, where dry pus forms constantly, give Staph.; should induration remain, give, after a couple of weeks, Calc. *once*, or Sep.

### INFLAMMATION OF THE EYES.

In *inflammation of the eyes*, or sore eyes, when not only the lid but the eye itself is affected, or the latter alone, Acon. is generally the best remedy, particularly when the complaint comes on suddenly, and rapidly grows worse — when the whole eye is red, or full of red veins, runs much, and is very painful. When the eyes are sore from a cold, with catarrh, headache, cough, sore throat, &c., the following remedies will be useful:

Nux vom., when the corners of the lids are more red than the eyes, or the latter are bloodshot and smart as if salt were in them — when they burn with a feeling as if there were sand in them, and weep a good deal — the patient cannot bear the light, particularly in the morning, combined with fever, which is worse in the morning and evening.

Cham., particularly for children, when there is pricking, pressing, burning in the eyes, as if heat were radiating from them, swelled and closed in the morning, or very dry, the patient being much irritated by the pain.

Bell., when the white of the eye is quite red, or large, red veins can be seen; much heat, a discharge of sharp burning rheum, or the eyes are quite dry — much affected by the light — when the pains are spasmodic or deep-seated, accompanied by a catarrh so severe as to make the nose sore; pimples coming out about the nose and mouth, a short, dry,

panting and spasmodic cough, coming on in fits which last for some time.

Euphr., when there is much pressure in the eyes, much mucus and acrid water, when the lids are contracted, and the eye is very red, with bad headache and catarrh in the evening.

Ign., when the pain is worse, with a slight redness, severe pressing, great discharge of water, great dread of the light, catarrh very bad and running. It may be repeated in from 12 to 24 hours, if requisite.

Puls., too, suits in these forms of disease, and is further described below. If you have not given Nux vom., it may suit after other remedies to remove the great sensitiveness which is apt to remain. Bell. also is useful when the sight has suffered, or flickering, sparkling and dimness remain.

For rheumatic inflammation of the eyes, the eye itself being red, the light insufferable, much discharge of acrid tears, pricking, tearing pains, not only inside, but also around the eyes, always worse in the heat, the following remedies are recommended.

Puls., after the worst inflammation has been removed by Acon., when severe pains remain, piercing, rooting, and cutting, the light insupportable, worse in the afternoon and evening; when the complaint has returned several times, making the patient fretful, inclined to weep, and becoming worse from weeping.

Bry. may be given, when Puls. has removed the pain, but not the redness; when it burns inside, or presses as from sand, is worse in the evening and at night, when the lids are swelled and cause a pain in the head when opened.

Rhus is to be given when Bry. seemed to answer, but did not effect a cure; when the eye continues to smart, presses and pricks, and discharges much water, the eyelid adhering during the night; or when swollen around resembling St. Anthony's fire.

Verat. when the pain is tearing, interrupting sleep at night, intolerable headache, much heat in the eyes, and a sensation of dryness.

Euphr. is sometimes suitable, in particular when small watery blisters appear on the eye, when the light becomes less offensive, but the pain more violent, and the redness so bad that every vein can be seen. Also Nux vom., Cham., Ign. are here suitable remedies, for which consult the foregoing passages; but still more frequently Merc. viv. and Sulph., which are pointed out below.

### GOUT AFFECTING THE EYES.

When *gout attacks the eyes*, give first Acon., afterwards Ant. crud., Sulph. or Cocc. Bell. is often good after the symptoms enumerated above under the head of Bell., particularly when the pain is very oppressive all around the eye, above it or alongside of it; if there is a pricking pain above it, as if it were about to be torn out, or to be pressed in; when the pain comes and goes, when there is a flashing before the eyes, or the patient sees sparks, black spots with a bright border, or every thing appears to him as in a fog, or through crape; and when these symptoms are accompanied by giddiness and headache, so bad as to deprive him of consciousness; and also in other kinds of sore eyes, with severe cutting pains, which penetrate into the head, press particularly into the forehead, or on one side of the brain, are drawing, tearing, or extend into the nose, or even through the whole body, with great agitation and restlessness, give Coloc.

### EYES AFFECTED BY SCROFULA.

Many *complaints of the eye arise from scrofula*, which may be distinguished by the symptoms described below; we meet with them in children who suffer from this complaint, or in grown persons who have suffered with scrofula in their childhood. When this disease has once weakened



the eyes, they are liable to a relapse from cold and other causes, and dimness of the eye and ulcers on the ball of the eye are much more frequent. Give the medicines recommended above, and should the complaint return notwithstanding, apply to a homœopathic physician to cure the scrofula. In the mean time use the following medicines:

Puls. often suits in the beginning, when the margins of the eyelids turn red, burn, and pus makes them adhere; when tears flow, which are so acrid as to make the cheeks sore, and a watery swelling appears; when the eyes cannot bear the light. Or Puls. is otherwise applicable according to what was said above under this head. If it gives relief, but does not effect a complete cure, give Ferr. a week after.

Bell., when pressure is severe; worse when the eyes are turned upward, when many red veins can be seen, and pustules and ulcers appear on the eyeball; when catarrh and other symptoms already mentioned accompany the disease, if the affections arose from a cold, or from damp and cold weather.

Merc. viv. to children who have not yet taken any mercury; when the pains are cutting, particularly when straining the eyes; worse in the evening and in a warm bed, burning in the open air, the eyes full of tears, light insufferable, the sight clouded, or small pustules appearing on the ball of the eye, returning with every fresh cold; it will often be of service after Bell. has operated for a week or two.

Hep. may be given after Bell. or Merc. viv., or when children have taken much calomel, when the eyelids and eyes are red and sore, and being touched, pain as if bruised, close convulsively, can scarcely be moved, when the light is insufferable in the evening; the eyes looking sometimes quite dull, at other times bright and clear, when there is a pressure in the eye as if it were coming out; when small pustules or spots appear on the corner, and red spots externally around

the eye. Give of this medicine a dose of a lower trituration daily for several successive days.

Sulph. to be given instead of Hep., when Bell. or Merc. viv. has been given before, but not after Hep. ; in cases where the eyelids are contracted in the morning, and the daylight is particularly odious to the patient, or he is quite blind during the day, and can only see a little during twilight; when there seems to be a mist before the eyes, the cornea being dim, appearing as if dusty; or when the eyelids are particularly affected, as noticed before. Also, when the white of the eye looks very red, is bloodshot, and there are little spots on it, and the eye weeps, when there is aversion to light, severe pressure in the eyeball, aggravated in the light of the sun, Sulph. 3. is very beneficial, taken daily according to circumstances, or repeated every other day.

Dulc. is of great use when the soreness of the eyes proceeds from cold, particularly when affected by reading, and every thing appears covered with a veil; when there is a sensation of flashing of fire from the eyes; at the same time much pain over the eyes. If the patient feels better when quiet, and is disposed to keep so, and worse when moving about, do not give Dulc., but rather Bell.; but if worse when at rest, and he likes to walk about, give Dulc., allowing it time to operate.

Calc. is sometimes applicable after Dulc., or when ulcers and films make their appearance on the eye, accompanied by violent pressure, itching and pricking; or burning and cutting when reading in the evening; when there is a dimness and haziness before the eyes, particularly after eating, reading, sewing, &c.; also when the part affected feels cold inwardly.

Chin. should be given when the eyes are much more painful in the evening, feeling as if there were sand in them, or as if something were being forced into them; when the cornea has lost its brilliancy, or when on looking close into

the eyes there appears to be a sort of smoke or fog in the interior.

Ars. is sometimes of use when the pains are as if produced by red-hot coals, and when spots have already made their appearance on the eye. In affections of this kind the remedies before recommended are suitable, especially Ign. and Nux vom.; in spots on the eye, Euphras. above all other remedies.

Sometimes inflammation of the eyes proceeds from very minute insects. Put camphor on linen and tie it over the eye, or use the camphor salve before described. Very bad diseases of the eye are caused by the suppression of cutaneous eruptions, ulcers, or certain other diseases; in such cases apply to a homœopathic physician. If they are consequent upon smallpox, measles, scarlet fever, read what is said under these different heads.

Spots or films on the eyes should never be treated with corrosive remedies, as is but too generally the custom, and by which thousands have lost their sight. Rather give the eye rest, and if you cannot consult a physician, make use of the medicines prescribed above, allowing each to operate from a week to a fortnight; Euphr., Puls., Hep., Bell., Sulph., Calc. and Sil. are particularly effective.

He who is not patient enough to try these remedies may use genuine pure nut oil, pressed by a moderate heat from walnuts not a year old; introduce one drop of it into the eye every evening. On very thick, swollen, white spots put finely powdered table salt, with a hair pencil. If filmy skins grow over the whole eye, commencing at the angles, let some of the best loaf sugar, finely powdered, be put on every day. When the whole eye appears like a pane of dim glass, take the fat of a snake, melt it by a moderate heat, and apply a little of it every morning. The gall of fish, also, is good, but only when the film deprives the patient entirely of sight.

WEAKNESS OF SIGHT, WITH REMARKS ON THE  
USE OF SPECTACLES.

*Weakness of sight.* This name is given improperly to all defects of vision. It is correctly used only when the eyes feel weak after the least exertion, refusing their services altogether, or feeling painful without any perceptible cause on the eye. Short-sightedness is no weakness, for we often find it in the strongest eyes, and principally in young people whose occupation leads them to look on objects very closely; it is merely an incapacity to distinguish minutely objects at a distance; the more distant the objects are, the more confused they appear, and they can only be distinguished after looking at them for a length of time; what is near appears very distinct, and even the most minute thing can be seen accurately. Neither is *far-sightedness* a weakness, for it belongs to the strongest eyes, chiefly in the case of aged persons whose calling has led them to examine things at a great distance; it is an incapacity to distinguish minutely objects which are near; the nearer small objects are, the less can they be recognized.

When the eyes are really weak, spectacles are always injurious; they are only useful for persons either far-sighted or short-sighted. As much mischief has been done by the misuse of spectacles, we caution our readers against the chief errors which prevail.

Let no one who is not either short or far-sighted ever wear spectacles, not even at times. If he is either the one or the other, and has weak eyes besides, let him use spectacles as seldom as possible. For weak eyes are always made still weaker by spectacles, of whatever kind they may be; sometimes they injure the eyes irretrievably.

Green spectacles are almost without exception extremely injurious, and physicians are much to blame when they recommend their use indiscriminately. Every one may con-



vince himself of their injurious effects by looking for a short time through a piece of green glass on white paper lying in the sun; on suddenly removing the glass he will perceive a red spot on the paper. This proves that the eye is compelled to produce a red color to counteract the green; this excites the eye unnaturally, and the power of vision becomes enfeebled. Innumerable instances of the injury done in this manner are on record. Green glasses are to the eyes what brandy is to the nerves. Only in very rare cases can it be of use to excite the eyes for a few hours by green glasses, as in some cases of blindness it is of use to expose the eyes to the glare of the mid-day sun; either, when applied improperly, cannot but prove very pernicious. To protect the eyes against the glare of the light when walking over snow-covered regions, in bright sunshine, or when working near the fire, spectacles made of light wire with large round openings, in which, instead of glass, black crape is fixed tightly, are most useful.

The short-sighted must use concave glasses, which present to them whatever is distant, smaller and better defined. Those who are far-sighted must use convex glasses, which will make objects which are near appear larger and plainer. As every kind of glasses is adapted to a certain distance, they should only be used for such a distance; remote objects should not be looked at through glasses adapted to near ones, nor glasses used, calculated for a great distance, to look at objects which are very near. Spectacles ought to be selected for the distance for which you most commonly require them. Short-sighted persons should use glasses, which at the distance for which they are intended diminish but little, the less the better; for those which diminish too much, injure the sight. Far-sighted persons should select glasses, which when used to read with at a proper distance, do not much enlarge the letters, the less the better; for when they magnify too much, they are also injurious to the eyes. It is often necessary to have a different kind of glass for each eye; the one adapted

to the left may injure the right; generally the latter is stronger; try therefore each eye by itself. This should not be done immediately after meals or after drinking; nor should several pairs of spectacles of different power be tried in succession, for it contracts or dilates the pupil and prevents you from selecting the most suitable. It is better to try one pair every day, until you find glasses exactly adapted to your eyes.

The glasses ought not to make the eyes feel sore, it is a proof that they are too strong, that they are altogether bad, or that the eyes are too weak to use spectacles at all. It is rare that spectacles which are too weak produce pain in the eyes. Either change the glasses until you suit yourself, or wear none at all. When they cause any uncomfortable feeling, pressure in the eyes, even in the head; when they make you feel sleepy, produce heat and redness in the eyes; when you are often obliged to allow the eyes to rest, or when, after the removal of the spectacles, some time elapses before you can see properly again; when the objects appear larger or smaller through the glasses than they used to do, it is high time to have your glasses changed, if you do not wish to injure your eyes. By a proper change of glasses the sight may be much improved. When a short-sighted person sees objects through the glasses smaller than he used to do before, he ought to have weaker or less concave ones; if he sees them larger and less plain, he ought to have somewhat stronger or more concave glasses. When to a far-sighted person objects appear smaller and less distinct, he ought to have glasses of greater convexity; if they appear larger, glasses of less convexity.

The spectacles used ought to be as light as possible, and have slides to keep them firm without pressing; the larger the glasses are, the better; they should be perfectly clear and transparent without a red or green shade; without flaws, notches, streaks or cracks; they should be well and uniformly ground. Glasses divided in two are injurious. The glasses should always be kept clear and bright, should never be

touched with the bare finger, and be frequently wiped with soft buckskin. When the spectacles are taken off, they should be put on the sides, not on the glasses, and when the glasses have scratches on them, they should be replaced by new ones. A skillful optician will be able to select suitable glasses when he is furnished with the exact distance at which the person can read large letter-press, which also ought to be determined. Pieces of the broken glass may also be used, to select others exactly of the power wanted, or a number higher or lower.

#### WEAKNESS AND OTHER DEFECTS OF VISION.

These may frequently be lessened by washing the whole head every day in cold water. Bathing the eyes with a mixture, composed of a teaspoonful of old cognac brandy and a tumbler full of water, may sometimes prove serviceable, but not always.

When weakness is caused by excessive reading, sewing, &c.; and every thing before the eyes appears dusky and foggy, when nothing at a distance can be distinguished, and occasionally spasms of the eyelids occur, Ruta is of service. Agaric., for weakness and cloudiness with brown spots before the eyes, winking of the eyelids and spasms in the eyes.

#### SHORT-SIGHTEDNESS.

Short-sightedness which is not of long standing, particularly if occasioned by inflammation of the eyes, may be cured by Puls.; after much calomel, by Carb. veg.; after nervous fever and debilitating causes, by Phosph. acid.

#### FAR-SIGHTEDNESS.

Far-sightedness, after excessive indulgence in ardent spirits, by Nux.vom.; with dimness of sight when reading, running together of the letters, dazzling of the eyes in the light, by Dros. If these do no good, give Sulph., and if necessary

later, Sil. to lean persons, or Calc. to corpulent persons. But in all similar cases it is better to consult a physician.

### ATTACKS OF BLINDNESS.

For sudden, temporary attacks of blindness, give Acon.; if they return frequently give Merc. viv.; but if the patient has taken calomel, Sil. For night-blindness, when the patient can see nothing after twilight, give Bell., particularly if something red, or if sparks appear before the eyes, or a variegated circle around the candle; if the spots are black or sparkling, give Verat. Should these fail, try Hyos. For day-blindness, where the patient can only see in the evening, give Sulph., and later, Sil. if necessary.

### SHRINKING FROM THE LIGHT.

The shrinking from the light, where the patient can bear nothing bright, is usually connected with other complaints, for which the remedy must be selected. Where this is not the case, give Acon. for two successive mornings and wait a few days, then at night give Nux vom.; if no better after three days, give Bell.; after eight days, Merc. viv.; and after eight days again, Hep. When the patient has so great a desire for light, that he cannot have it intense enough, give also, first Acon., then Bell., then Sulph.

For shrinking from the light with headache, when the light of a candle appears dark and unsteady, give Euphr. When a fiery halo or circle appears around the light, or the sight is dim, as if something needed to be wiped away, when every thing appears double or is totally obscured, give Puls.; when a variegated halo surrounds the light of the candle, when the patient sees red spots, or a mist, where the objects appear double and there is incipient blindness, give Bell.; for black spots and sparkling before the eyes and seeing objects double, Verat. With dimness of sight, black flashes and



flickering during the day, in the night fiery, meteor-like appearances, or a halo around the light, Staph.

### SQUINTING OF CHILDREN.

Squinting of children, where the head is much heated, is often cured by Bell.; when occasioned by worms, by Hyos. If it arises, as is very common, from the light being always kept on the same side of the bed of the child, place it for some time on the other side, and turn the child in the bed, so as to accustom the eye to the other side; afterwards place the child in such a manner as to have the light in front, which is the proper position. If this cannot be done, put a dark screen before the light. With older children this is seldom of much use. Tie up the sound eye first every day for several hours, afterwards for whole days, so that they cannot see with it at all, and may thus learn to accustom themselves to use the squinting eye properly. If, in squinting, they turn both eyes outwards, put a bit of black court plaster on the tip of the nose; if inwards, put a screen of shining silk on both sides of the head, like winkers. If all this proves unavailing, consult a physician.

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### CHAPTER III.

### AFFECTIONS OF THE EARS.

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#### ERUPTIONS.

*Eruptions* behind or in the ears. See "Eruptions."

#### MUMPS.

The *Mumps*, a swelling of the great salivary glands lying under and in front of the ear, frequently occur with children, but are not dangerous, unless they strike in. Sometimes the swelling extends over the whole neck, so that the patient can

neither chew nor swallow, and increases for three or four days, yet there is no danger; on the fifth or seventh day the swelling on the neck disappears, and shows itself on the breast or testicles, which are sometimes red and painful; pain in the bowels or other symptoms make their appearance. This is the most critical time. Keep the patient, therefore, constantly warm, not too much so, but prevent his taking cold or overheating himself, and let him avoid all stimulating food. No external application must be made. A cotton or linen handkerchief may be tied about the neck.

The principal remedy is *Merc. viv.*, which very seldom requires to be repeated. When the disease assumes an inflammatory character, or the swelling is very red, resembling erysipelas, or when it strikes in, and affects the brain, which may be known by the sudden disappearance of the swelling, followed by unconsciousness and delirium of the patient, give *Bell.* When the patient has a slow fever, the swelling becoming harder and will not disperse; when striking in, it falls upon the stomach, *Carb. veg.* will give relief; should this not prove useful, give *Cocc.* If *Bell.* is not effective in inflammatory fevers within thirty-six hours, give *Hyos.* If *Merc. viv.*, given in the beginning, produces no effect, or if the patient has formerly used much calomel, give immediately *Carb. veg.*

When attended by pain in the throat, see under this complaint; when by much hoarseness, *Carb. veg.* almost always proves efficacious.

If the complaint occurs in combination with other affections of the ear or teeth, in scald head, scarlet fever, measles, smallpox, malignant fevers, or after excessive use of mercury, see the remedies for these diseases.

### INFLAMMATION IN THE EAR.

The ear becomes red and hot, swells and pains; the passage or auditory tube is nearly closed and the pain so severe

that the ear scarcely bears touching; the pain is worse inside than near the surface; sometimes accompanied by so violent a tearing, rooting, throbbing, pricking and burning, that the patient becomes delirious, give Puls. Only when the pain penetrates into the brain, with great agitation, vomiting, coldness of the extremities and other dangerous symptoms, Bell. will be useful.

### E A R - A C H E.

For single, acute, shooting pains, as if from a knife, in the ears, caused by taking cold and suppressed perspiration; the ear being dry and without wax; with tearing pains in the ears, extending to the lobes; the patient very cross and easily offended; the pains insufferable, give Cham. If the patient perspires without feeling relief, when there is a tearing pain reaching the cheeks, pricking deeply, at the same time tearing, pressing burning pain; or when it burns externally, or feels cold inwardly, with violent twitches and jerks; particularly when the ear is moist, give Merc. viv.

Should it be a rheumatic attack, which has fallen upon the ear, attended by jerking, tearing pains, as if something were to be pressed out; or when externally red, hot and swelled, the pains passing through the whole side of the face, particularly in the case of persons inclined to chilliness, and easily moved to tears, give Puls. To passionate, angry persons, for otalgia, when very violent, give Nux vom. To very sensitive persons, who have a return of it on the slightest occasion, with oppression and stitches in and behind the ears, tearing, heat and irritability at any loud noise, give Arn.; but if the pain is more external; with redness, pricking and tingling inside, give Chin. In other cases similar to these, with stitches in and behind the ears, rooting, screwing pain, with tearing and pricking down to the throat, with ringing, buzzing and rushing, particularly when the head and eyes are affected; the pains during the paroxysms being worse when the parts

are touched, or on moving about, give Bell. If this is insufficient, and there is a shooting pain when blowing the nose, with throbbing and buzzing, give Hep.

When the worst kind of pain is generally on one side, deep in the ear, and so violent as almost to distract the sufferer, give Calc., and repeat it, or give Sulph., if the pain returns. If the pain is on the left side, or aggravated in the evening or before midnight, give Sulph.; if on the right, or worse after midnight, towards morning, or in the forenoon, give Calc.

Or, in similar cases, when the pains are very severe, like cramps, a jerking, rumbling and rolling sensation in the ears; the ears seeming as if deaf, and cold, with a crawling, extending to the face, give Plat. In other similar cases, where the pains are worse when at rest, particularly during the night, attended by nausea, give Dulc.

Other remedies, such as Phosph. acid., Sulph., Ant. crud., &c., may be selected according to the symptoms.

Make no external application; oil, even, can become injurious; hot vapors may burn the ear, and what is once injured cannot be restored. A sponge dipped in warm water and tied upon the ear, is the only thing which may sometimes mitigate the pain, without doing any harm.

If the medicines are to take effect, no cotton must be crammed into the ear. This should only be resorted to in case of need, as prescribed under "Running of the ear." When the remedies prescribed do not quickly operate upon children, tie a thread dipped in sulphur around the ear; this frequently produces running, and mitigates the pain.

### RUNNING OF THE EARS.

*Running of the ears* is a complaint which must be born patiently, because the most insignificant running can, when suppressed, produce the most serious consequences. A continued running of the ear is hard to cure. Avoid the use of



the syringe. Oil, even, is injurious, because some of it always remains, and becomes rancid. Things which harden are still worse. Lukewarm water is the only fluid not injurious; use as much as is required for cleanliness. It is also good to put a little fine wool into the ear, in winter to keep out the cold, and in summer to hinder the flies, which sometimes drop their eggs into them, and which cause severe pain. When the patient feels the crawling of the maggots, drop sweet oil into the ear until it is full, and proceed as directed pag. 124.

But important as it is to have something in the ears, particularly in summer and whilst asleep, when the discharge smells offensively, great caution is to be recommended in its application.

When the running of the ear remains after inflammation, or when accompanied by pain, particularly by pain pressing outwardly; or the ear is hot and red, or covered with a scabby, itchy eruption; or when the disease succeeds to measles, give Puls.; if that does not relieve, give Sulph. When after scarlet fever, give Bell.; and after a few days, if necessary, Merc. viv., and then Bell. again; if this be not sufficient, Hep. If after the small pox, combined with pricking pain and an issue of blood; if outwardly ulcerated, and the discharge offensive, give Merc. viv. But if the patient has taken much calomel, give Hep.; if he has taken too much sulphur, give Puls., and, a few days after, Merc. viv. Should it, notwithstanding, become very tedious, then take as much potash as will lie on the end of a knife, shaking it in a pint of rain-water until it is dissolved, then pour a teaspoonful into the ear every day, until it begins to improve. If the discharge be purulent and tedious, give Merc. viv., and eight days later, Sulph.; and this last, repeat once every week. Should it not improve under this treatment, give Calc. If there be a severe headache combined with it, give Merc. viv. or Sulph.; if this gives no relief, give Bell., and afterwards Lach. Should no benefit accrue, give, two mornings successively, Sil., and re-

peat it after one or two weeks, if necessary. A tedious discharge is sometimes relieved by Caust., particularly when the patient is frequently attacked with rheumatism. But if all these remedies fail, then try borax, in a weak solution, as was described above in reference to potash.

Should the discharge, whether it be of long or short standing, be checked suddenly, it is always dangerous. Examine the ear carefully with a hair-pin, and if a crust or other obstructions have been formed, admit warm steam moderately into the ear, to soften what may have been hardened; but if the ear be not obstructed, yet dry within, then take some bread, just out of the oven, break off a piece and lay the soft part on the ear, not hot enough to be painful, and repeat it as often as the bread becomes cold; or take a small loaf made of rye flour or bran, make a hole through the crust, and hold the ear over it. When the glands of the neck become hard and swollen after the suppression of the discharge, give Puls.; later, Merc. viv. or Bell. If severe headache and fever occur, give Bell. first; if no relief is obtained, then give Bry. If it is produced by a violent cold, or wet feet, and the patient is better for exercise, give Dulc.; but if better by keeping quiet, give Bell. If worse when warm in bed, Merc. viv. If, after a suppressed discharge, a swelling like mumps takes place, then give the remedies prescribed for mumps. But if the swelling be in the genitals, give Nux vom. in the evening; and if that does not relieve, give Puls. in the morning. Sometimes a violent headache arises, which becomes dull, with a pressure, as if the skull were too small; the eyes become red; pain is felt when moving, followed by fever; sometimes spasms in the face, swelling of the head, loss of memory, &c.; followed by a sounding and rustling in the ears, deafness, and a sudden discharge of matter. This must not be meddled with; only let the ear be cleansed with lukewarm water, and the patient lie on the side affected, having a small cushion or folded napkin placed around the ear. If the malady is per-

ceived before the purulent discharge. give Hep.; if not better in a few days, Merc. viv. If this produces no marked result, give Lach.; after this again Hep. Wait from four to six hours between every remedy.

The same treatment is to be observed when the running discontinues suddenly. As soon as matter escapes, the patient is safe, and nothing more is necessary to be done; if it does not take place, the patient must die. The most skillful physician cannot always cure this evil.

### BUZZING IN THE EARS.

This complaint is generally connected with running of the ears and difficulty of hearing; or with ear-ache. Sometimes with headache, and determination of the blood to the head. Give medicine according to these symptoms. If it comes, however, quite alone, is not of long standing, but from catching cold, give Nux vom. if worse in the morning; Puls. if worse in the evening; Dulc. if worse in the night; to persons who perspire much, Merc. viv.; to those who cannot perspire, Cham.; to very sensitive persons, who have taken much mercury, or suffer much from fever, or liver complaints, when the buzzing is more hissing, like a ringing or singing, give Chin.; but if louder, more like the noise of a humming-top, or when Chin. does no good, give Carb. veg. In old persons, especially if it is on one side, with great determination of the blood to the head, which seems to cause the buzzing, Arn. 3. or 6. is beneficial, and must be repeated whenever it becomes worse. If it has been of long continuance, apply to a physician. Sometimes, when the ears cannot suffer the least noise, Sulph. given once, and afterwards Acon. several times, will do good. If this fails, give Carb. veg. once, and Cof. several times afterwards. If attended with great sensitiveness when exposed to the wind, or with echoing of every step and word, with persons who suffer frequently from tearing pains in the limbs, give Caust. two successive mornings.



**HARDNESS OF HEARING.**

This complaint is generally connected with other diseases, and will only cease when they are removed. When this complaint is of long standing, it cannot easily be cured; but that which is of a recent date, is very easily removed. With children, and not unfrequently with grown persons, it is caused by some obstruction in the ear. Examine the patient carefully as directed pag. 25, place him in such a position, that the light may fall into the ear: introduce an ear pick or hair-pin as far as the patient can bear it, but withdraw it as soon as it gives pain. When the obstructing substance has become too hard, let the steam of warm milk go into the ear. If too great a dryness or want of wax is the cause, sometimes Carb. veg. proves useful. Hardness of hearing, attended with singing, tingling and twittering, is sometimes speedily cured by Verat. If connected with a running, give the medicines prescribed for this complaint, especially Puls., Merc. viv., Sulph., Calc., Caust. If it is in consequence of measles, Puls. or Carb. veg.; after scarlet fever, Bell. or Hep.; after small pox, Merc. viv. or Sulph. If connected with cold in the head, and its general attendant, a sore throat, which is relieved by swallowing, gargling with warm water is advisable; if this does not cure it, give Cham., or Ars., or Lach. If it arises from rheumatism, which has been suppressed by a cold, and has fallen upon the ear, give the medicines proper for the rheumatic pains, and afterwards Dulc. or Sulph. If caused by suppressed eruptions of the skin, or ulcers healed by salves, &c., give the remedies for these, particularly Sulph. or Ant. If the patient has been affected with piles, sometimes Nux vom. gives relief; if with nervous fever, Arn. or Phosph. acid. If the tonsils are swelled, and cause hardness of hearing, Merc. viv. and Staph. frequently prove useful. In tedious complaints of this nature, dieting and drinking plenty of cold water is of great importance. If this does not remove it, consult a homœopathic physician.



Besides the above remedies you may, after comparing the remaining symptoms, take your choice among the following: Verat., Staphys., Ars., Hyos., and in very critical cases, Sil. or Calc.

Beware of all remedies which, in their application, must be introduced into the ear. It is a great mistake to think that the ear can bear more than the eye. It is more easily affected, only that the effects are not so soon visible. Affections of the ear are very tedious and difficult to cure, and sometimes quite incurable; whereas the eye can endure more, and recovers more speedily.

#### CHAPTER IV.

### AFFECTIONS OF THE NOSE.

#### PAINS AND ERUPTIONS.

For pains in the face, nose and cheeks, see "Toothache." For eruptions and pimples on and about the nose, see "Eruptions."

#### SWELLING OF THE NOSE.

When the nose is swelled in consequence of having received a blow, or when the swelling occurs without any apparent cause, accompanied by itching, pain in the superior part of the bone, as if after a blow, give Arn. When attended by catarrh, when the orifice of the nostril is swollen and sore, with redness, heat and pains, sometimes extending inwards, with burning, pricking and dryness; the smell sometimes very sensitive; sometimes too weak, give Bell; and where it does not suffice, Hep, after it. When there is a watery running from the nose, making it sore, and when the nose is red, having a shiny swollen appearance, with itching, pains in the

bone upon pressure, it is better to begin with Merc. viv., and to give Hep. afterwards, or perhaps Bell. Persons who have taken much calomel should first take Hep., and afterwards Merc. viv. Bry. sometimes is of service in tedious, painful swelling; or when black specks are on the nose, Sulph.; for red specks, Phosph. acid.; for warts, Caust.; when the point of the nose is red, Rhus; when the nose is of a coppery red, with craving for spirituous liquor, Ars.

### BLEEDING OF THE NOSE.

It appears at the termination of many diseases, and frequently benefits the patient considerably. It ought not to be interrupted, unless it be too violent or last too long. Cold water, vinegar, sponges, corks, brandy, tinder, creosote, &c., applied inconsiderately, may have a very injurious effect. Filling up the nose is always useless; it is better merely to compress it, and to see whether the blood stops, or whether it flows into the throat. The bleeding may be stopped by extending the arm which is on the same side with the bleeding nostril, upwards, perpendicularly over the head, though when the arm is taken down again, the bleeding is apt to return.

For bleeding of the nose after a blow, or when itching in the nose and forehead precedes; when the nose feels hot; and the blood light red and liquid, particularly with men, give Arn.; with women, and especially with those of a mild, quiet disposition, or with such as have too weak a flow at their periods, give Puls. When in consequence of overheating, or when the patient appears much heated, give Acon., and if that does not stop it soon, Bry.; if worse every time the patient stoops, or if it is the consequence of great exertion, lifting, &c., give Rhus.

When determination of blood towards the head is the cause of bleeding at the nose, and it is preceded by the symptoms stated under the caption "Determination of blood to the head," or when the same symptoms continue, Acon. is best in many

cases; else one of the remedies there prescribed. Drawing cold water into the nose is improper; when the blood cannot immediately be stanch'd by the remedies recommended, or when they are not to be had, it is better to put a wet cloth about the abdomen, as directed under the head "Intoxication." If it is caused by overheating or by drinking wine, and the remedies, Aeon., Bell. or Bry., in the former case, and Nux vom. in the latter, do not immediately stop the blood, let the hands be put into warm water, and the patient keep quiet afterwards. When the blood immediately coagulates, and forms a coneshaped clot on the nose, give Merc. viv. When it takes place during a catarrh which runs and stops up the head alternately, give Puls. When in the case of children it is caused by worms, or rather by picking and rooting in the nose, give Cin. Enervated, debilitated persons, who have frequent and lasting attacks, give Chin. If it returns every afternoon, evening or before midnight, give Puls.; if it awakens the patient when asleep, give Rhus., Bry. or Bell.; if it returns in the morning, Nux vom., Bry. or Bell.; after long continued bleeding give Chin., to remove any weakness. The same is proper when the loss of blood is so great that it causes paleness, coldness of the extremities, and convulsions. To persons who are very subject to it, give Sulph. or Sep., sometimes Carb. veg.

#### CATARRH, OR COLD IN THE HEAD.

The principal remedy for this complaint, particularly when many persons are affected with it at the same time, is Merc. viv.; for persons who have already taken much calomel, Hep. When the catarrh is attended with much sneezing — when much water drops from the nose, which is somewhat sore — if the mucus of the nose smells offensive, and only the usual pains are felt in the head and cheeks, give always Merc. viv. first; or Lye. Merc. viv. is applicable when the patient perspires during the night, and the catarrh returns, notwith-

standing, in the morning; and when he has fever, does not like to be alone, and has much thirst, feels the heat uncomfortable, yet cannot bear the cold. If, after twelve hours, the symptoms are milder, give nothing more; if they have been better and become worse again, give *Hep.*; the same when every breath of wind causes a new cold, or when the catarrh affects only one nostril, and the headache is increased by every motion. If, after waiting twelve hours, *Hep.* does not prove effective, give *Bell.* For the worst catarrh of this kind, where water escapes plentifully, and the parts are all swollen and sore, give *Lach.* The catarrh is of a different form when the sick person has not so much heat, redness and thirst, but prefers to be in a warm room, drinks often, but little at a time — is uncommonly weak, uneasy, agitated — complains of burning as if caused by fire, without much redness and heat being perceptible; where the mucus does not appear offensive, but is more corrosive and acrid; when the soreness of the nostril is excessive and very troublesome; when exercise and warmth are agreeable, and exposure does not increase the evil, give *Ars.*, *Dulc.*, *Nux vom.*, sometimes *Ipec.* When the nose is obstructed and runs notwithstanding; when the discharge is very acrid, and the nose burns internally and externally — when the patient is restless at night, without any apparent cause, and when the nose begins to bleed, give *Ars.*; if no improvement takes place in twelve hours — or when during the day the catarrh runs, and stops in the evening with obstruction, when the mouth is parched without much thirst, also the breast dry and the stool hard, give *Nux vom.* When a catarrh is partly of this character and partly of the kind previously described, but the patient feels better when in motion, and worse when at rest; when every breath of air causes fresh obstruction, give *Dulc.*; or when *Ars.* and *Nux vom.* appear to suit the symptoms, but prove useless, give *Ipec.*; if the patient improves, give the same again — which is not advisable respecting the other



remedies. — When the catarrh does not so much affect the nose, but immediately deprives the patient of his appetite and smell, accompanied by a discharge of thick yellow, sometimes green and offensive mucus, give Puls.; when much white mucus is discharged, and the eyes are affected and run, give Euphr.

Cham. frequently cures catarrh with ulcerated nose, chapped lips, one cheek being pale and the other red, with chills and thirst. Merc. viv. is suited particularly to children, when caused by suppressed perspiration, and the catarrh is accompanied by fever, with pains in different parts of the limbs. Nux vom. where fever and chills alternate, particularly in the evening — great heat in the head and face, or over the whole body.

Sil. frequently cures a chronic catarrh which is of constant recurrence; and is either running or causes obstruction. It should be given two successive mornings.

When the *catarrh has been suppressed*, and headache is the result, give Acon., and if the former does not return soon, give Puls. or Chin. When the breast is affected, with difficulty of breathing, give Ipec. a couple of times, and if the patient does not improve, Bry.; let the patient drink hot water, with milk and sugar, and let the vapor go into the nose. If none of these medicines afford relief, give Sulph.

If the catarrh is connected with other complaints, particularly with those mentioned in the subsequent chapters — such as affections of the breast or lungs, hoarseness or cough, look under these respective heads for the necessary remedies.

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## CHAPTER V.

# AFFECTIONS OF THE CHEST.

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### HOARSENESS.

Among the common domestic remedies, there are many which are decidedly injurious; and others which, if they do good, always leave after them a disposition to a relapse. Hoarseness when it returns frequently is always a critical complaint. It may sometimes be relieved by mixing rock-candy with the yolk of a fresh raw egg and taking this two or three times at night; a perfect cure, however, can only be effected by the following remedies.

For hoarseness with catarrh, from tough mucus in the throat, with dryness, burning and thirst, the temper cross, vexed or morose and taciturn, particularly in children, give Cham. For a rough, deep, dry cough, arising from dryness in the throat, with tension and sore throat, the mucus not loose, attended by alternate chills and heat, the temper of the patient sulky, quarrelsome, obstinate and headstrong, give Nux vom. For stinging and soreness in the throat and the palate, pain when swallowing, catarrh, with much yellow, green and offensive discharge, a loose cough and pain in the chest, with chills, without thirst, with a capricious appetite, give Puls.; this is particularly applicable when the patient has been several days unable to raise his voice; if Puls. does not suffice, give Sulph. One of the principal remedies is Merc. viv. when the voice is hoarse and rough, with burning and tickling in the larynx — a disposition to perspire, without relieving the patient, and when every breath of air aggravates the case. When itching in the nose is connected with obstruction or with cough, which causes pain in different

places, give Caps. When with hoarseness the throat feels rough, with much sneezing and mucus, without any actual catarrh, or when attended by difficulty of breathing, Rhus; for a deep, hollow cough, which occasions catching of the breath, without mucus, or much yawning with uneasiness and thirst, give Samb. For tedious hoarseness, worse every morning and evening, and after speaking much, or after measles, give Carb. veg.; if attended by a tedious catarrh, Sil.; if very hollow and deep-seated, Dros. In very obstinate cases, not attended by other symptoms, or, combined only with catarrh, soreness of the whole chest and occasionally of the throat, Caust. is the best remedy.

### C O U G H.

Cough is either combined with cold in the head, being more or less to the chest, what cold in the head is to the nose; or it arises from other diseases. In the former case you must select among the medicines recommended for cold in the head, in the latter, the respective symptoms with which the disease is attended, must be taken into account. For instance, where there is a dry, hacking cough, violent pain in the chest, which is also felt when breathing, if the patient was taken with a chill followed by much heat, the pulse quick and hard: then it is inflammation in the chest, and you have to administer the remedies prescribed for pleurisy.

The medicines which are here first mentioned, will seldom cure a cough of long standing; you must have recourse to those, whose effects are more enduring, and which are described towards the end of the list. It frequently happens that an obstinate cough can be cured only by a homœopathic physician; and sometimes it is a symptom of a disease which is already incurable.

Nux vom. should be given for a *dry cough*, which is caused by a rough, scraping, acrid sensation, and itching in the palate; when it is lasting and weakening, with pain, as if the

head were being rent asunder, or a sensation as if bruised in the upper part of the abdomen, with pain afterward under the ribs, particularly when the cough awakens the patient early, or is then worse, or only a little mucus is discharged with much trouble. Also, when a slight cough lasts the whole day, with pain in the pit of the throat, and is worse in the evening, but better during the night; when during the night the breathing is oppressed, and there is a feeling of weight upon the chest, and the patient has a heated and parched mouth. For energetic and *plethoric patients*, who drink much coffee and spirituous liquors, *Nux vom.* is beneficial. It also answers for a dry exhausting cough, which is worse during the night, with trifling expectoration in the morning, or worse from reading, thinking and exercise.

*Cham.* should be given for a similar dry cough, which is worse at night, even during sleep, and arises from a tickling in the pit of the throat — something rising in the throat and taking away the breath, particularly in children, and during the winter after taking cold. Also for a tickling cough which is caused by speaking, in the morning and evening, but which ceases after the patient gets warm in bed; also when in the morning some tough, bitter mucus is thrown up.

*Hyos.* answers for a dry cough, which is worse at night, and prevents sleeping; also when lying down, with tickling in the windpipe, or when the cough comes in spasms, sometimes attended with stitches over the eyes, or with soreness in the muscles of the abdomen; a rattling noise in the throat, caused by breathing whilst there is mucus in the windpipe.

*Ipec.* frequently answers for *children* — even for the smallest — when on coughing the mucus almost suffocates them; when the cough is spasmodic, or affects them so much that they can scarcely breathe, and they become purple in the face, and the limbs quite stiff; when there is a tickling sensation in the larynx, with contraction, the cough quite dry, but trifling expectoration, or of mucus of an offensive taste — or



when it causes loathing, nausea and vomiting of mucus; when it is attended with pain in the abdomen, particularly about the navel, or a pressure upon the bladder, as if the urine could not pass — or there is a throbbing in the head and pit of the stomach, and soreness of the chest; after the cough, shortness of breath and perspiration on the forehead; walking in the cold air exciting the cough afresh. This remedy may be repeated after a couple of hours or oftener, if required.

Bell. for a similar spasmodic cough, which does not allow the patient to recover his breath, which shakes the whole body, and is excited by a constant insupportable tickling in the larynx, without any phlegm on the chest; or as if caused by something like down in the throat, producing a splitting sensation in the head, with a feeling of pressure in the neck, as if it were breaking, or for a cough attended with a trifling discharge of mucus, mixed with blood, with stitches in the chest and on the left side under the ribs; tearing pains in the chest; short, quick, difficult breathing; chapping of the lips, a red face, and pain in the head; or when the attacks terminate with sneezing, accompanied by catarrh, or stinging pain in the hips and below in the abdomen, as if something were coming apart there.

Merc. viv. for a dry cough, which exhausts and convulses the patient much, particularly by night; or a tickling cough before falling asleep; sometimes attended with spitting of blood, shooting pains in the chest; in the case of children frequently attended by bleeding of the nose, inclination to vomit, pains as if the chest and head were going to burst, accompanied by hoarseness, running catarrh, or diarrhœa.

Carb. veg. for spasmodic cough, coming on several times during the day or evening, attended with retching and vomiting, heat and breaking out of perspiration, soreness of the chest, white, grey, yellow expectoration, the coughing up of

blood, with burning pains in the chest; pain in the larynx, as from ulceration, shooting pains through the head.

Caps. for a dry cough, worse in the evening and during the night, and sometimes exciting vomiting; pains shooting through different parts of the body, also causing rending headache; sometimes accompanied by oppressive pains in the throat and ears, or with drawing pains from the chest to the throat, stitches in the chest and back, or pressure on the bladder and shooting pains in that region, or stinging and tearing pains from the hips to the knees and feet.

Rhus sometimes for a dry, short night-cough, commencing with a tickling in the chest, which causes agitation and asthma, particularly in the evening and before midnight, whereby the head and chest are shaken a great deal; or with tension and shooting pain in the chest, pains in the stomach, sometimes stitches in the thighs, particularly when the air makes it worse, when heat and exercise affect it favorably; also for coughs with a taste of blood in the mouth.

Cin. for a dry cough, at times accompanied by expectoration of mucus; in children who start suddenly as if they were losing their senses; afterwards with anxious gasping for breath, moaning and paleness, or a hoarse, hacking cough every evening, particularly in children who have worms; or at the same time running catarrh, with a burning sensation in the nose, and violent sneezing, which makes them cry.

Ign. for a dry cough, during the day as well as by night, with a sensation as if there were something like down in the pit of the throat; worse toward evening, with an irritation increasing with the cough, or with a feeling of tightness in the pit of the throat, with a running catarrh; in persons who have been affected by grief, or when it grows worse every day after meals, in the evening after lying down, and in the morning after getting up; it is frequently to be given a second time after 6 hours have elapsed.

Euphr. for a cough with a bad catarrh, which also affects the eyes; during the day attended with difficult expectoration, sometimes with difficulty of breathing; when it ceases during the night; in the morning worse again, with considerable discharge of mucus.

Puls. when the cough is dry in the beginning for half a day, with retching; then attended with expectoration of mucus, which is discharged easily; sometimes streaked with blood; in the morning much yellow, salty, bitter, disgusting expectoration, sometimes accompanied by retching; the windpipe at the same time feeling rough, and the abdomen sore as from a bruise, or there are shooting pains in the arm, shoulder and back; or the urine escapes whilst coughing.

Bry. answers for a dry and for a moist cough; for a dry one, when commencing with a tickling in the throat, or when the spell comes on after eating, and is so bad as to cause vomiting; or for a cough which begins as soon as the patient gets into a warm room; or with bad stitches in the side, and afterwards a trifling spitting of blood; with a yellowish expectoration; when every fit of coughing is felt in the head, or accompanied with shooting pains in the head, throat and chest.

Chin. when there is an inclination to a little, hacking cough, as if caused by sulphur, without any discharge of mucus; it is, however, in the throat, and causes a whistling noise; the expectoration which follows is streaked with blood, with pressing, stinging pains in the chest and the windpipe, or a clear, tough mucus, which is difficult to loosen, with pains in the shoulders, sometimes accompanied by vomiting of bile; and for cough after hemorrhage from the lungs.

Arn. for cough with expectoration of mucus and coagulated blood, or light, frothy blood, at the same time asthma; the ribs and the abdomen feeling as if bruised and lacerated, shooting pains in the head, the chest, the belly, and the small

of the back; also for moist and dry cough in children, early or when asleep, with weeping and screaming.

Verat. for a deep hollow cough, as if proceeding from the abdomen, with griping, salivation, a blue face, involuntary discharge of urine, violent pains in the side, and at the same time difficulty of breathing and great weakness, sometimes accompanied by shooting pains which pass downwards through the abdomen, with a sensation as if a rupture were impending.

Ars. for a moist cough but without much expectoration, which is tough, lying on the chest and causing asthma; coughing every time after drinking; for cough during the night, with spitting of blood, and a burning heat all over the body, want of breath, extreme fatigue and weakness; or every evening dry cough, which weakens very much, with oppression of the chest when going up stairs and in the cold air, with palpitation of the heart and agitation during the night.

Dulc. for a moist cough, particularly after taking cold, with hoarseness, sometimes accompanied with spitting of light red blood during the night; or a whooping, barking cough, excited by deep breathing; coughing from a cold, aggravated by being in a room, and by lying still; better when moving.

Dros. for a moist cough or for a dry one, accompanied by hoarseness, pain in the chest and under the ribs, so that the patient is obliged to hold the painful part with his hands, sometimes attended by retching and griping in the abdomen, when the expectoration is tardy; vomiting of food, after which, of phlegm and water, a discharge of bitter, purulent matter; or with oppression, as if, while coughing, the breath remained in the chest, so that either coughing or speaking seems impossible.

Staph. for cough with expectoration of yellow mucus, resembling pus, particularly during the night, with pains as if caused by ulceration under the breast-bone, collecting of



water in the mouth, occasional spitting of blood preceded by a feeling of scratching in the breast, and involuntary discharge of urine.

Phosph. acid. for coughs with expectoration, great hoarseness, coughing from a tickling in the pit of the stomach or of the throat, dry in the evening, in the morning attended by a white or yellow discharge; cough with oppressive pains in the chest and expectoration of pus; when coughing, a rending headache, inclination to vomit, and burning in the throat and chest.

Sil. for *tedious cough* with expectoration of much phlegm, transparent lumps, or yellow pus, with a pressure on the chest, so convulsive as to cause pain in the throat and abdomen; or a deep hollow cough, with spitting of blood; a dry cough, with a pain as if the chest were sore; or a cough which threatens to suffocate the patient in the night, with asthma and emaciation.

Sulph. for tedious dry cough from tickling in the throat, coughing with contraction of the chest, and retching; only during the night, preventing the patient from sleeping; or dry during the night, by day attended by yellowish expectoration, or thick mucus, pus and blood; when coughing single stitches in the chest or under the ribs on the right side, as if the chest were about to burst when coughing or sneezing; the breast tight and full, difficulty of breathing, whistling and rattling in the chest, palpitation of the heart, the patient obliged to sit up during the night; or when the cough is attended by a rending pain in the head, blackness before the eyes, heat in the head and face, but cold hands.

Calc. for tedious cough from tickling as from down in the throat, so violent in the evening and during the night that every vein throbs, or in the night during sleep; dry, with a pain in the chest, or rattling and rumbling in the chest, particularly in very fat children, where Ipec. suits, but does not suffice; or with much expectoration, particularly during the

day, lumpy, purulent, yellow, greenish, brown, so offensive as to cause vomiting; when coughing, a stitch in the side and chest, burning in the latter, tearing and shooting pain in the head; beside, a pricking pain in the side when breathing deeply, when moving and bending; in the evening heat, then chills and thirst, perspiration during the night, particularly on the breast, great weakness, and much anxiety respecting the malady.

Lach. for cough excited by pressing the hand upon the chest, the patient unable to bear any thing on the neck, coughs during the night in his sleep; or feels a tickling in the throat, the whole chest feeling sore to the shoulders, with stitches in the side, and spitting of blood; or coughing as if something liquid had got into the windpipe; or violent cough from ulcers in the throat, with retching, hawking up of phlegm, and much saliva in the mouth; difficulty in expectorating, the cough bad after meals and after sleeping, after rising; at the same time pain in the throat, ears, head and eyes.

Caust. for a protracted, dry, short cough, or for a hollow one, with excoriating or burning pain in the chest and in the windpipe; scraping in the throat and rattling in the chest; pain in the hip, as if going to burst open, or other rheumatic pains; the urine escaping while coughing.

For tedious coughs choose particularly among the remedies recommended last: Caust., Lach., Calc., Sulph., Sil., Phosph. acid.; but should they not, though agreeing with the symptoms, effect a permanent cure, use Staph., Dulc., Ars., Carb. veg. The remaining remedies are efficacious in coughs, which are not of long standing. When a cough which appears suddenly, is immediately accompanied by tension in the chest, difficulty of breathing, pain in the throat and windpipe, attended with soreness and rawness, especially, if after coughing at night a burning sensation remains, the voice rough and hoarse, fever, and a quick, hard pulse,

always commence by giving Acon., and from 5 to 6 hours after, or the following morning, the suitable remedies. But when the cough is very exhausting and suffocating, with much phlegm on the chest, give first Ipec., and a couple of hours after, another suitable remedy. When the cough is rough and hollow, and there is barking, or whistling and wheezing, particularly with children, read what is said of whooping-cough, croup, and suffocating cough, and compare the remedies there prescribed with those indicated here.

In recent coughs, with cold in the head, it is always best to keep warm, and guard against further cold for a couple of days; but this ought not to be carried to excess, or the patient will become more and more sensitive to cold. For children, in particular, it is much better to go out every fair day, and to be washed daily in very cold water. Children who are apt to get their feet wet should wear no stockings, but have paper in their shoes or half-boots. A person affected with cough should occupy, not a cold damp room which lies to the north or north-east, but a dry room facing the south.

Those who are very liable to catarrhs and coughs, or sore throat, will be benefited much by washing and brushing the whole body every day; it is sometimes of use to wear a black or white silk ribbon around the neck, or a silk stock fitting closely to the neck; cotton should be worn next the skin, but no wool or flannel, which is only suitable for sailors and others who are frequently drenched to the skin by the rain.

Never refuse cold water to a person who suffers from cough, although it should make the cough worse every time; and force no one to take warm or intoxicating drinks — it is a prejudice which has sent many a patient to the grave, and subjected others to long and severe tortures.

### HOOPING COUGH.

When whooping-cough prevails, and children begin to cough, give immediately of the above described medicines the one

which appears the most suitable; in some cases any further cough will thus be prevented. When the cough is very dry and whistling, accompanied by fever, or when the children complain of a burning pain in the windpipe, and point to it, give Acon. immediately, and wait a few hours or half a day. If it is, in the beginning, moist and loose, commencing after taking a severe cold, and is accompanied by hoarseness, give Dulc.; if moist, causing vomiting immediately, give Puls.; if dry, causing vomiting and agitation, as if the children were suffocating — if they become purple in the face at once, the cough particularly coming on after midnight and lasting till morning, give Nux vom.; and if afterwards it becomes moist and loose, give Puls. If only the vomiting ceases, but not the fear of suffocation, give Ipec. Before giving these remedies, always examine what has been said about them above. Should they not prevent the whooping-cough, or should it in the very beginning come in spells, as if spasmodic, the children continuing to cough for awhile, with a hollow sound; these attacks occurring daily a couple of times, and particularly in the evening and the forepart of the night, the palate possibly being more red than usual, or some pain in the throat when swallowing, and the eyes are running, give immediately Carb. veg., which is the principal remedy; if it affords no relief in the first twenty-four hours, it may be given once more. It is also the suitable medicine when the children thus affected complain of shooting pains in the head, pains in the chest and throat, or when they have an eruption on the head or body, together with the cough. It is also the best remedy when the crisis of the cough is passed. In some cases a good means of prevention and cure is Tart. em.

In real whooping-cough, children are sometimes attacked by single spells, at the approach of which they run to the mother in great agitation, or hold fast to something, and then cough so rapidly that they have scarcely time to recover their breath, or the whole cough is one long, groaning, wheezing sound —



they appear terrified, as if they were about to suffocate, and become purple in the face; stretching out their necks, of which every part is strained and cramped, and cannot be touched without giving pain. These paroxysms terminate in retching and vomiting of phlegm, blood sometimes issuing from the nose and mouth; afterward the children thus attacked become lively again; but as they frequently throw up all they eat and drink, they become weaker and weaker the more frequently these paroxysms come on, and are sometimes entirely debilitated by them. For this stage of the cough give either Verat., or Dros. or Cin. — sometimes one after the other, or alternately with the remedies mentioned above, particularly with Nux vom. and Carb veg.

Verat. operates very quickly, and may therefore, in most cases, be tried first. Give a globule of it immediately after the paroxysm, and wait until the next; if the paroxysms continue as severe as at first, or grow worse, give one more, and then wait from twenty-four to thirty-six hours, or as long as the case continues to improve; when it gets worse again, give another remedy. When the cough is of some standing, this remedy may also be given; when the children are already very weak, have some fever, cold perspiration, particularly on the forehead, with quick, weak pulse and much thirst. It also answers very well, when during the attacks the urine escapes, or when there are pains in the chest, the abdomen and the groin; when between the paroxysms the patient is not very lively, and shuns exercise; when the neck is so weak that it hardly supports the head; when there is great chilliness and much thirst, and no inclination to speak; also when the body is covered with dry, thin eruptions, or the eruption appears on the hands and face only. After this, Dros. or Carb. veg. generally answers best.

Dros. This is to be given the same as Verat., in two successive doses, then wait, at most, two or three days; if the patient improves, wait as long as he continues to get better;

when this ceases to be the case, select another remedy. It suits many other forms of this disease, where the symptoms resemble more those mentioned under Dros., when the patient is worse at rest than when in motion; when chills are not accompanied but followed by thirst, — when the perspiration is not cold but rather warm, or merely during the night; or when the paroxysms are very violent, and without any fever, with a loud cough or with a decidedly marked fever, chills and heat, but not a slow fever, as mentioned under Verat.

Cin. answers when during the cough the children become quite stiff, and after the paroxysms a gurgling sound is heard, as if it descended from the throat into the abdomen. This medicine should be preferred when there is a disposition to pick the nose, and a frequent griping and itching in the anus, or when symptoms of worms have been observed; also where large maw-worms have been passed.

Sometimes children have a cough resembling that described under Merc. viv., which makes its appearance mostly at night, and in two paroxysms following each other in quick succession, after which a long interval ensues. It will be well to give this remedy, particularly when, on vomiting, there is considerable bleeding at the nose, and the blood soon coagulates; when there is much perspiration, during the night, great sensitiveness, and the children have before suffered from worms, or have had convulsions in consequence. After Merc. viv., Carb. veg. may sometimes be given. Sometimes a change takes place, and the cough begins to resemble the one described under Bell., with affection of the head, as described under Bell. in „Determination of Blood to the Head”, and „Headache”, give Bell. and afterward another suitable medicine.

In many cases of hooping-cough, the patients become perfectly stiff, the breath fails, and convulsions ensue; they remain in this condition for some time, vomit, and recover

slowly; besides the cough, there is a rattling in the chest, caused by the phlegm; in this case give first Cupr.; afterward, Verat. generally answers best.

As soon as the paroxysms diminish in number, and the cough is no longer dry, but moist, when no vomiting follows but a slight coughing up of thin phlegm; do not hasten to give other remedies, but wait for the result if the patient improves; only when a whole week has passed without any further improvement, select another remedy; generally it requires one which the patient has not yet had; Puls. answers very frequently. For relapses, or when the vomiting will not cease, give Carb. veg.; when much phlegm is thrown up, Dulc.; for much crying after the cough, Arn.; for decreasing but hollow, ringing cough, or for a dry, hoarse cough with retching, and followed by much crying, Hep.

### C R O U P .

This dreaded disease can, in most cases, be easily cured with homœopathic remedies, so that scarcely one fifth as many cases prove fatal, as when treated by the old method. It requires, however, great attention; parents ought to be well acquainted with the symptoms, as it is always a dangerous disease.

Children are usually troubled with a slight cough a few days before it makes its appearance; the voice is hoarse, and sometimes the cough sounds already somewhat hollow. By selecting one of the above prescribed remedies, the complaint may, in some cases, be prevented. When it is a hollow, wheezing cough, always give Hep. first. After this, Samb., Hyos. and Cin. answer; sometimes Nux vom., Verat., Cham., Chin. and Dros.

If children wake suddenly at night, and begin with a choking cough, either from want of breath, or an accumulation of phlegm in the throat, take one grain of Tart. em., or one of the first triturations, put it in a glass of water, and after

stirring it well, give a teaspoonful every 10, 20 30 minutes, according to the violence of the symptoms, until relief is afforded. This medicine should always be kept on hand, but preserved with care, as one grain, taken at once by a child might cause its death.

If this cough is not cured, the croup commences; sometimes it appears without any of these premonitory symptoms. The children awake about midnight with the croup; the cough has a shrieking, sharp sound, like the braying of an ass, or like the attempt at crowing of a young cock. It sounds very hoarse; somewhat shrill and hissing, or quite rough, deep and hollow, like the hoarse bark of a dog. The patients inhale with difficulty and slowly, and emit the breath in jerks. They are much agitated, and try to obtain relief by stretching out the neck. At this stage the disease is not so alarming, as it appears, but it should not be neglected. The best way to lessen the agitation, and make the symptoms yield more easily, is to bathe the arms in very warm water. As soon as possible, let both arms be immersed in water, as warm as the patient can bear it, and remain until the choking cough ceases. At the same time give Acon. every 10, 20, 30 minutes, according to the state of the case. In most cases this first attack passes off soon, but the children remain cross, and retain a hoarse voice. If, during the night, Acon. has been given, give Hep. in the morning. Keep the children warm the next day, and let them diet; you may, also, put flannel around their necks.

If the cure of the disease is not effected in this manner, and the attack returns the second night, the children complain of a burning sensation in the throat, or point with the finger to the larynx, which is very sensitive, particularly when touched, somewhat swelled, at least very hot. The paroxysms become more violent, as if the patient were in danger of suffocating, and there is fever and great thirst. The sufferer falls asleep, but soon awakes again with a worse



spell. The breathing, during sleep, is oppressed and heaving; the head is frequently bent back, so that the throat is exposed and very sensitive to the touch. If Acon. has not been given last, give it now, and repeat it every thirty minutes for two hours. Bathing the arms in hot water is also serviceable at this stage. Do not cover up the head, but keep the feet warm; give injections of warm water, unless the children are very averse to it. If relief follows after Acon. and Bell., when the paroxysms become less frequent and violent, if the patient perspires, wait from two to six hours, and repeat Acon.; but if there is no improvement, or if the disease becomes visibly worse notwithstanding the remedies, and the danger increases, give Spong. If this does not soon effect a change for the better, give Hep. These two remedies you may give alternately until improvement takes place; but do not be in too great a hurry. In all cases, where there is no improvement either after Spong. or Hep., give Ars.

At the same time, keep the children as quiet as possible, and, from time to time, give them a little mucilaginous drink, if they like it.

When the disease advances, the hands and feet become cold, the pulse quite small, and the sufferer bends back the head as far as possible; the belly expands and contracts considerably at every breath, but not the chest. By no means force the head forward, as it might cause suffocation. At the same time a rattling is heard when breathing, as if something were in the windpipe. With the cough comes retching, and finally pieces of membrane are thrown up. The children are no longer as red as before, but pale; during the cough they are of a bluish color in the face, the eyes start from the head, as from terror, and they grasp convulsively with their hands.

If the above mentioned medicines, Acon., Bell., Hep. and Spong. have been given, and the disease attain this point notwithstanding, there is but little hope of saving the patient;

though you may give Lach. and Phosph. every half an hour as long as there is any improvement; but should no good effect follow, give Ars., then Samb.

When the homœopathic remedies are applied properly, and in time, the disease seldom reaches this stage; but should it prove obstinate, a few leeches may be applied to the larynx, of which the consequence, however, may be that the child remains much weaker, and more sensitive, and will have a relapse of croup every now and then, when the medicine will be less effective. The warm bath, however, may be used without any danger whatever. If these dangerous symptoms should really appear under homœopathic treatment, try the vapor of sulphuret of potash, at any rate it will do no harm; but every other application must be avoided while these medicines are used.

For any hoarseness that may remain give Hep., if it has not already been used, then Bell.; and if this does not answer, Carb. veg.; if this also fails, Arn. several times. For other complaints consequent upon this malady select the suitable remedies; guard the children against taking cold, and repeat Hep. if, in a week or two, the hollow cough should return.

### CONGESTION OF THE CHEST.

When the chest feels too full, with a throbbing sensation all over, and palpitation of the heart, agitation, short, wheezing, difficult respiration, and oppression, give Nux vom. in the evening. When the difficulty of breathing is very great, with a constant hacking cough, which disturbs the patient in his sleep, with much heat and thirst, and danger is apprehended, give an injection of warm water, and after that Acon. If this does not produce a favorable effect in an hour, or if the attack returns, give Bell. once. For other remedies see "Determination of the Blood to the Head." When the causes are the same, the same remedies will prove efficacious.

Frequently, dry cupping on the neck will do good. Ferr. is also an excellent remedy.

Persons subject to this complaint should avoid running, and abstain from ardent spirits and strong beer; they should drink plenty of water, wash the chest and arms every day in cold water, and not sleep too long in the morning.

### HEMORRHAGE OF THE LUNGS, OR RAISING BLOOD WITH A COUGH.

When, on coughing, a little blood is expectorated, the danger, in most cases, is not as imminent as many imagine. The blood frequently proceeds from the nose, from hollow teeth, or only from the throat. When it is really from the chest, it is almost at all times accompanied by a sensation as if coming from a considerable depth; it is warm, generally tastes sweet, the taste of it precedes the rising of the blood, or there is, at the same time, a painful and burning sensation in the chest.

Under these circumstances avoid every thing which might fatigue the lungs, such as long and loud speaking, calling, crying, singing, blowing the horn or the trumpet; all violent exercise of the arms, or quick running, ascending, particularly walking upstairs. Sometimes this disease is produced by the inhaling of the dust or exhalation proceeding from such substances as lime, gypsum or plaster of Paris, metal filings, tobacco, or sulphuric acid.

When the discharge of blood is but trifling, and the cough of a nature that a remedy may be selected from the symptoms, look under "Cough attended by spitting of blood", and choose from among them such as Bell., Merc. viv., Carb. veg., Puls., Bry., Chin., Arn., Dulc., Staphys., Sil. and Lach.

But when the complaint has already advanced, and the blood is discharged in considerable quantities, or when it commences with a violent hemorrhage, there is danger, but not to such a degree as to be excessively alarming. Fear only



makes the matter worse. It is seldom as bad as it appears. Only when several attacks have preceded; when the patient has long suffered from other diseases; when the blood comes in large quantities, and is of a blackish color, then the life of the patient may be considered in immediate danger. In other cases it soon ceases of its own accord. The most important object is the cure of the complaint after hemorrhage has ceased, for that is the most critical period, either from a return of the hemorrhage, or from the fixing of an incurable disease upon the lungs.

On no account allow a vein to be opened during or after hemorrhage from the lungs; this remedy is worse than the disease, for it invariably aggravates the complaint.

Persons who have had several attacks, and have every time been relieved by bleeding, are really in a dangerous state; for the bleeding aggravates the principal cause of the disease, and the constitution suffers so much that other remedies do not easily operate. Under these circumstances it is best to submit to a regular course of treatment by a homœopathic physician, while there is yet time.

Bleeding for hemorrhage of the lungs, is most injurious in the case of individuals who have suffered from piles — where the blood only takes an inverse direction — or of women, who, instead of having their monthly changes, commence spitting blood. In these cases there is no danger whatever — it will cease of its own accord, and all the bad consequences may be prevented by medicine.

After a heavy fall, blow or thrust on the chest, it is also injurious to bleed; in most cases it does more harm than the actual injury, and it is nothing but an old custom, which physicians follow when they do not know what other means to resort to. In these cases give Arn. and let the patient have a light diet; if, after some days, pains in the chest and fever make their appearance, give Acon.; and if after this it gets worse again, repeat Arn., alternating with these two remedies.



The first thing to be done for a violent hemorrhage is to tie a handkerchief around the upper part of the left arm, as tightly as the patient can bear it, then around the upper part of the right thigh, and if this does not arrest it, do the same to the right arm and the left thigh.

When the hemorrhage has entirely ceased, begin to loosen the bandages by degrees. Let the patient remain perfectly quiet in a half sitting, half lying position, and place plenty of pillows under the head and chest; also after the bleeding has ceased, keep him quiet for a considerable time, always in a cool atmosphere, and do not allow him to drink any thing warm for ten days, no spirits of any kind, and let his drinks be principally mucilaginous. He should avoid all causes of anger and vexation, and sleep awhile during the day, particularly before meals.

When the bandages do not afford immediate relief, or when the patient cannot bear them tight enough, to produce the desired effect, apply dry cupping to the abdomen and under the ribs, also on the pit of the stomach. As a substitute for regular cupping glasses and tumblers, put a small piece of burning paper, cotton, or other substance, into a tumbler, turn it and letting the paper fall out, apply the tumbler as quick as possible to the bare skin. A very convenient mode of preparing the glasses, is to put a small quantity of guncotton into them; ignite it, and apply them as directed above. The closer the glasses adhere the better; if you do not succeed immediately, repeat the experiment.

An other course which may be followed, is to dip a cloth into cold water, and to apply it to the lower region of the abdomen. No other cold application should be made, and water not be given too cold, if it aggravates the cough.

A little fine dry table salt is sometimes administered; this may do good, but if it aggravates the cough it should be dispensed with.

When the cough continues, and brings on fresh bleeding, give the white of an egg, with sugar, a teaspoonful at a time; or put a drop of sulphuric acid into a tumbler of water, and use it as a gargle, or take a teaspoonful every five or ten minutes.

We must apply ourselves next to select for the patient, medicine which will not only accelerate the cure, but, as much as possible, prevent a relapse.

When there is great danger, choose between Acon., Ipec., Arn., Chin. or Op.

When the slightest attempt at clearing the throat brings up blood, when the patient previously feels a flowing of blood in the chest; if the latter appears full, with a burning sensation, palpitation of the heart, agitation, uneasiness, worse when lying down, with an anxious, pale countenance; if the blood comes by starts, and much at a time, give Acon., and wait the result for a couple of hours. If after several hours a taste of blood continues, with a short cough, discharge of phlegm mixed with blood, nausea and weakness, give Ipec. If Acon. does not suffice, if palpitation of the heart and agitation increase, and prevent the patient from sleeping, or disturb him when asleep, drive him out of the bed, with a dry, burning heat, give Ars., and give it time enough to operate. If it gets worse again, give Ipec., Nux vom., Sulph., or Arn. If, after these remedies, it still grows worse, give Ars. again. By these means the recurrence of the complaint may sometimes be prevented and the disease entirely cured.

If the blood is not raised, as in the previous case, by a slight effort, but continually by violent coughing, which was before very dry, rough and painful, with a taste of blood; when the patient feels chilly, with occasional flushes of heat, is very weak, wants to lie down constantly, perspires sometimes, but not long, commences to tremble, with dimness of the sight, or confusion in the head, or when he has lost so much blood as to become quite faint, or pale and cold,

twitches in the hands and face, give Chin., and wait the results, although it should at first grow a little worse. Afterwards Ferr. frequently answers in the same case; also Arn., sometimes Ars.

If the blood is thrown up by slight gagging, not in very great quantities, is quite pure and of a light red, if there is pain between the shoulders, asthma, particularly during the night, the patient cannot sit, feels better when slowly walking about and yet must frequently lie down, is very weak, particularly after speaking, and a cough is produced by any considerable exertion, give Ferr., especially to lean persons, who do not sleep well by night, and who are of a yellowish complexion.

When the blood is coagulated, blackish, is raised easily; at the same time asthma, shooting pains in the chest, burning, contraction, palpitation of the heart, great heat over the body, with weakness, almost to faintness, Arn. answers.

When the blood is raised with gagging and coughing, is light red, frothy, mixed with little coagulated lumps and phlegm, sometimes with tickling under the breast-bone, coughing produces shooting pains in the head, and all the ribs feel as if bruised, give Arn.

If the complaint has already continued for some time, if the blood is black, coagulated, if the patient becomes very nervous during the night, feels cold, complains of weakness, pains in the lower part of the breast, with a qualmish sensation in the stomach, is reserved, inclined to weep, and inert, give Puls., after which Sec. may be beneficial.

In a similar case, but when the blood is of a lighter red, or the mind perturbed, uneasy, the symptoms aggravated by any vexation, or there is much tickling in the chest, give Rhus. When the same tickling appears, with passionate persons, is worse in the morning, but not during the night, as mentioned above, when the cough affects the head, give Nux vom.

When the coughing up of blood is probably caused by suppressed piles, or when they have ceased to flow in consequence of taking cold, vexation, or other causes, give *Nux vom.* in the evening, and, if not relieved the next morning, give *Sulph.*, or any other of the remedies recommended which appear to suit the symptoms. If the coughing up of blood is caused by suppressed menstruation, give *Puls.*, and afterwards *Cocc.*, or other remedies to promote the natural discharge.

*Op.* suits when the discharge of blood is very thick and frothy, mixed with phlegm, particularly with persons addicted to drinking, or when the cough is worse after swallowing, accompanied by difficulty of breathing, asthma and anxiety, a burning sensation in the region of the heart, trembling of the arms, sometimes weakness of voice, drowsiness and sudden starting, coldness particularly of the extremities, or heat particularly of the breast and the body, without perspiration. It may be repeated after a couple of hours, or earlier if necessary.

*Hyos.* when the blood comes with dry cough, particularly in the night, forcing the patient out of bed; when he starts in his sleep, &c.; also in the case of persons accustomed to ardent spirits; after *Op.* and *Nux vom.*, when they prove insufficient; afterwards *Ars.* answers in such cases.

*Bell.* when tickling in the throat excites cough, which aggravates the complaint, with a sensation of too much blood in the chest, and shooting pains, worse when in motion.

*Dulc.* if worse when at rest, otherwise the same as under *Bell.*, particularly when light red blood is thrown out; when caused by a cold, or when the patient has already suffered from a loose cough for a considerable time.

*Carb. veg.* when there is a burning sensation on the chest, even after the hemorrhage has ceased, particularly with persons who cannot bear the changes of the weather, or who have taken a great deal of calomel.



For the attendant weakness do not give too much medicine, good diet will do more; let the patient eat often, but not too much at a time; little meat, much milk, and eggs occasionally; flour prepared in different ways; and let him take exercise in fine weather. If the patient, notwithstanding, remains weak, and too sensitive, give Chin.; if he is weak, but at the same time too lively, give it alternately with Cof.; and if cross and fretful, Ign.

### PALPITATION OF THE HEART.

The causes of this complaint will frequently indicate the remedies; it is generally produced by violent emotions of the mind, or by the use of ardent spirits; drinking cold water, particularly before going to bed, and eating but little in the evening is the best remedy for young people. Persons who are troubled with this complaint sleep better on the right side than on the left, and prefer to have the head rather high.

If caused by vexation, give Cham.; by fear, Verat.; by joy, Cof.; by sudden fright, Op. or Cof.; by great agitation and anxiety, either Op. or the smell of a bitter almond crushed, will be found to be beneficial.

With pregnant females, when connected with weakness of the nervous system, when it returns frequently, give, from time to time, a drop of old wine. During the attack it is sometimes better to give a spoonful of hot water, particularly when the skin is very dry. Females of a pale complexion may experience some benefit from smelling vinegar. Those subject to this complaint should drink no coffee or tea.

For plethoric persons Acon. is generally best; after this, Nux vom. or Bell. With persons of weak nerves, Ign., and when worse on lying on one side, Puls.

Chin. often suits persons who have been much weakened by the loss of fluids.

Bell., when the palpitation of the heart produces tingling in the head, when the chest feels full, or when there is an

uneasy and throbbing sensation in it, particularly with females, after confinement, or when the milk fails, or after weaning. In the latter case give Chin. some time after.

Sulph. for the same sensation, when Bell. proves insufficient; particularly after the suppression of an eruption, and the healing of an ulcer. Also, when going up stairs, or ascending a hill has occasioned palpitation for a considerable length of time.

Ars. can sometimes be given after Sulph., when the latter does not suffice, particularly when eruption or ulcers are the cause. It also answers when the palpitation comes on during the night, with great agitation, and is otherwise very bad; with burning heat in the chest; with difficulty of breathing, worse when lying down, better when in motion.

Verat. answers in similar cases, when accompanied by difficulty of breathing and agitation; particularly when better on lying down, and worse when rising or in motion.

For chronic palpitation of the heart, when the prescribed remedies give only temporary relief, apply to a homœopathic physician, and submit patiently to medical treatment even though no decisive advantage be immediately perceived, otherwise, an incurable disease of the heart may be the result.

### SHORTNESS OF BREATH, ASTHMA AND SPASMS IN THE CHEST.

Shortness of breath, asthma, spasms in the chest, and other difficulties of breathing. In these complaints, first attend to the cause. Sometimes the most violent attacks proceed from things which are considered very innocent, such as chamomile tea, ipecacuanha, vapor of sulphur, &c. If this is the case, smelling of camphor, or of sweet spirits of nitre, or taking a little coffee without milk will remove the complaint. If caused by sulphur, give Puls.

In sudden attacks, relief may sometimes be had by putting the hands into warm water, or by putting glasses, from which

the air has been exhausted by burning paper, on the stomach, as recommended for hemorrhage from the lungs. The placing of a tight bandage around the upper-arm, may also do good; first apply it to the left arm, and if this does not relieve the patient, to the other limbs.

When the attacks come on after meals, or particularly after a nap; when the patient cannot breathe, draws and stretches the neck as if suffocating; the throat feeling dry and too narrow, without the existence of much agitation, let him chew a little ginger with sugar.

When caused by taking cold, with cough, which is not loose, give weak anis-seed tea, a teaspoonful at a time, particularly in the evening.

Persons subject to this complaint should take plenty of warm drinks, and brush and rub the body frequently; they may be benefited, also by smoking tobacco every morning.

It is best, however, to use the following remedies, of which a careful selection should be made. For instance, when there is a feeling of contraction about the chest, panting, a rattling in the windpipe, as if full of phlegm, which is moving up and down; or the patient feels as if the air were full of dust, which prevents his breathing; gasps anxiously for air, and fears suffocation; the face pale, and hands and feet cold, give *Ipec.* If necessary, it may be given repeatedly; sometimes after a couple of hours. After this, *Ars.* answers generally, or *Bry.*, or *Nux vom.*

For the worst attacks, when from a suppressed catarrh, in the case of a patient whose chest is not strong; when worse about midnight, the breathing becoming more and more difficult, and there is a rattling in the chest, with agitation, moaning, groaning, and uneasy tossing about; or when, old people particularly, are attacked by it when walking; when breathing gives them no relief; when there is a pressure about the heart, coming and going, worse upon the least motion or exercise, particularly when getting into bed, give

**Ars.** After this, if worse, *Ipec.* answers. Sometimes, if worse the following morning, *Nux vom.*

After *Ipec.*, *Bry.* also may be given, when exercise makes it worse, particularly after suppressed eruptions, or when they do not come out properly; when the patient sighs often; when it comes on during the night, and is accompanied by pain in the bowels, producing a disposition to evacuate.

**Bell.** suits when motion makes this complaint worse, and yet the patient can not rest; when it comes on in spells; the breathing sometimes short, sometimes long, or quick and short, accompanied by a dry cough, and the chest feels full.

**Arn.** when not only exercise, but even speaking or blowing the nose aggravates the difficulty; respiration heaving and oppressed, with shooting pains in the chest.

**Chin.** when the breathing is whistling and wheezing, or the phlegm on the chest threatens to suffocate the patient. If it comes on upon waking at night, or if breathing is only possible when lying with the head very high; if the patient perspires easily, and is liable to take cold.

**Cof.** for very sensitive persons, who are subject to this affection from mental agitation; when inhaling can only be performed in short jerks, with agitation, uneasiness, heat, perspiration. If this does not give relief, give *Acon.*, or both alternately. **Puls.**, too, at a later period may be of service for timid, fretful patients; and *Nux vom.* for those of a violent, passionate temper. If mortification or suppressed vexation is the cause, give *Ign.*; if violent vexation and anger or quarreling, *Cham.*

**Cham.** also answers when there is a disposition to cough, without actual coughing, with great pressure about the chest and heart, or when the patient cannot perspire.

**Puls.**, also, suits when the case is attended with giddiness and weakness in the head, drowsiness, palpitation of the heart, heat in the chest, the breath stopped in the lower part of the chest.



Verat. often suits after Ipec., Ars., Chin., Arn.; particularly when the patient is almost suffocating. Also, when worse when sitting up, and when in motion; with pain in the side, a hollow cough at times; when a cold perspiration breaks out; or when the face and limbs become cold; particularly when partial relief is obtained by lying quiet.

### REMARKS ON PLEURISY, &c.

Pleurisy, stitch in the side, inflammation in the chest and lungs, — according to the old system, these affections have always been cured by bleeding. Many, therefore, believe that without bleeding recovery is impossible; and some are bold enough to assert that, when the patient recovers without bleeding, no actual inflammation could have existed, or that the patient must have had hemorrhage of the lungs.

The principal symptoms are, difficulty of breathing, and the hotness of the breath, as from a person who has worked hard in the heat. With asthma, on the other hand, the breath is not warmer than usual. In inflammation of the chest we always find cough, mostly without expectoration, or merely of saliva, which sometimes is a little bloody; if there is expectoration, it is bloody, frothy, brownish. The pains vary in the different kinds of the disease.

Violent stitches when breathing should not always be taken for pleurisy. When there is no cough, or when the cough is insignificant, and when it did not come on with chills, it is no real pleurisy. This spurious pleurisy generally commences with a rheumatic pain in the throat, the neck and shoulders. It is best known when the pain in the chest is shifting about, or when feeling the chest produces pain; particularly when the finger is placed between the ribs, and drawn along between them. Whenever this causes pain, the patient has no inflammation, and no rational doctor of the old school will even bleed for this complaint. Arn. almost always answers; if not, give Bry. or Nux vom. See "Rheumatism."

Sometimes the pains are more under the chest, and the patient cannot breathe easily, drawing in the breath is easier than emitting it; the reverse is the case in actual pleurisy. Examine the belly on both sides, from the ribs downwards, and if pain is produced by pressure, particularly on one side, do not bleed. Puls. or Arn., or the other remedies for rheumatism will remove it. When a person is troubled with rheumatic pains, which suddenly strike upon the chest with a sensation as if oppressed by a load; if the heart commences to beat violently and quickly, the breath becoming quicker; with great agitation, coughing entirely impossible, and the extremities, which the pains have abandoned, becoming cold, then death is near, and bleeding will accelerate the dissolution. Many patients with this kind of disease have been cured by Acon., which must be given repeatedly. If this should not answer, give Puls. and Sulph. alternately.

### TRUE PLEURISY.

The true Pleurisy is known by the chills with which it commences, by a peculiar cough and fever; the breath is hot, the pulse hard, that is, it strikes harder against the finger than in healthy persons, and cannot be so easily compressed; a sharp pain, mostly under the ribs, and in the side on which the patient prefers to lie, impedes the breathing; the cough is very painful and violent, bloody saliva, if any, is expectorated; the face is pale; the patient is anxious to speak but the pain prevents him; toward morning it is somewhat better, and the skin becomes moist. When expectoration commences, the patient is generally getting better.

This complaint is not so very dangerous, and, in most cases, can be easily cured; bleeding is not absolutely necessary. Give Acon., and if it is worse after a couple of hours, or does not improve at all, repeat the dose once; if the improvement does not progress, give Bry.; it may be given

twice. If, after the patient is able to take the air, troublesome symptoms remain, give Sulph.

### INFLAMMATION OF THE LUNGS.

*Inflammation of the lungs* is a much more serious disease. It also commences with chills; the fever does not abate in the morning, the skin continues hot and dry, the pulse is soft in the beginning, beating about five times during each respiration — afterward it becomes hard; the breath, also, is hot, the breathing is not so much obstructed by sharp pains as in pleurisy, and the pains are more oppressive and in the middle of the chest, but the breathing is much quicker; the cough is not so violent, but more tormenting and lasting, and frequently causes headache; the face, from the beginning, turns to a bluish *purple*, with red cheeks; the patient does not lie on his side but on his back; wishes to be quiet and is not inclined to speak, is frequently sullen and takes no interest in anything; one of the great arteries of the throat is generally swollen, and thicker than the corresponding artery; mostly on the left side, which in other instances is not the case. The cough is quite dry in the beginning; in the sequel blood is ejected.

As soon as thick mucus is abundantly thrown out, with frequent cough, and the oppression on the chest abates, and the skin remains moist, the danger is over; careful diet, however, ought to be observed for a couple of weeks; let the patient eat often, but little at a time.

This complaint is frequently relieved by giving Acon., and after this a couple of times Bry.; if these remedies do not prove efficacious, give Rhus; if this should fail, Sulph., and then, if requisite, after the lapse of a few hours, Acon. again. In many cases, Bell., Merc. viv. or Puls. is efficacious; if the patient is completely unconscious, Op. will restore him. In some critical cases, Ars., Phosph. or Hyos. answers. No further direction can be given here respecting these remedies;



what has been said under "Fever", and other complaints, must be taken into consideration.

If the inflammation has not entirely subsided, and there remains a yellow, mattery expectoration, the patient feeling very weak, and perspiring much during the night, give Lyc.

There is another kind of inflammation which is particularly dangerous, because, when bleeding is resorted to, the case generally becomes incurable; the patient feels better every time he has been bled, but only for a short period, and after every bleeding this interval becomes shorter, until he dies for want of blood, or the inflammation ceases and suppuration commences, with purulent matter; this reduces the patient as in consumption, but much quicker; he sometimes dies in a couple of weeks.

This last mentioned complaint, in which bleeding is so very injurious, may be known by the following symptoms:

The pulse is generally very soft but quick; neither the severe sharp pain, nor a pressure upon any particular spot, is experienced, but stitches are felt in the side on drawing a long breath; there is great heaviness and oppression on the lungs, the breathing is very quick, the cough comes immediately, is very frequent, usually in short jerks, and generally bloody saliva is thrown out in the first-stage, the symptoms continue to increase; the voice is weak and low, at last becomes hissing, and speaking brings on violent coughing immediately; notwithstanding great agitation, the sufferer is not as sullen, and the head is not so much affected as in the case last described; in the morning the fever ceases a little; the skin is moist, which does not relieve the patient.

As soon as a thick expectoration makes its appearance, the breathing becoming more regular, and the intervals between the fever longer, the patient is convalescent.

At the commencement of this complaint give Acon., and if it gets worse, Merc. viv. or Carb. veg., which, if requisite, may be repeated; if contraction of the lungs and a dry, hack-



ing cough remain, give Bell. The further treatment, if no improvement takes place after these remedies, is difficult. When there is great debility, and the pulse becomes so weak, that it can scarcely be felt, the skin cool, even the breath no longer warm, when there is occasionally a reddish brown mucus ejected, Carb. veg. is beneficial. If the breathing continues with a decided whistling sound, give Cham.; after which, sometimes Nux vom. suits; if the case does not improve, after Merc. viv., the breathing remaining difficult and very quick, give Ipec., and repeat it a couple of times; if contraction and severe suffering remain, and the limbs become cold, give Verat., which may be repeated after a short time; when the patient becomes gradually weaker, and labors in vain to get breath, Ars. may still be useful.

If, after the inflammation has subsided, suppuration takes place, and no homœopathic physician can be procured, give Merc. viv., afterwards Hep., then Chin., then Dulc., sometimes Puls.; and when there is much fever, Acon., until advice has been obtained, which is absolutely necessary, and which ought not to be delayed too long a time.

There is another slow, malignant inflammation of the lungs, where bleeding is downright murder. When no bleeding has been resorted to, there is still hope; but once bled, the patient is doomed.

This complaint is known by its slow approach, while the attacks of the other forms of this disease are sudden and violent; in this case the patient feels indisposed for a couple of days without knowing what is the matter with him; he has no appetite, cannot sleep and suffers from headache; then chills appear, and not until after these chills is the chest affected with great heaviness and shortness of breath; later, tough expectoration, seldom mixed with blood; at the same time great heat, of which the patient does not complain, lying without moving. His dim eyes, a sticky perspiration on the forehead, his face which is of a gray hue, a dry nose, a black,

dry tongue, show how ill he is; he murmurs and talks constantly, as if in sleep, yet answers correctly when questioned; the urine passes involuntarily, and after some time, other evacuations also; the breathing becomes shorter and shorter, unequal and rattling — the small, quick pulse becomes irregular, paleness and weakness increase, with a rattle in the throat, and the tongue quite black; the patient assures us that he is quite well, but complains of imaginary evils; he imagines, for instance, that somebody is sawing wood, for which he mistakes the rattling in his throat, or believes himself to be in perfect darkness when the room is perfectly light.

When a general, odorous perspiration breaks out over the whole body, or small shining grains are found in the urine, the danger is mostly past; but if bleeding is resorted to during the progress of the disease, the patient is irredeemably lost.

Persons deprived of all medical advice under these circumstances, should try to get relief by taking Op. a couple of times, which sometimes produces a good effect; after this give Arn.; if not better after these, Verat. sometimes is of great service — give it once or twice; if the weakness and the rattling increase notwithstanding, give Ars.; frequently Ipec., and after this again Ars. answers. In other cases, when Verat. and Ars. have proved somewhat serviceable, give them alternately; if the improvement is only temporary, give Sulph. and then whichever of the others had been most efficacious. When the patient's skin is galled from lying, or when he has other wounds and they gangrene, as easily happens, give Chin., and give it alternately with Ars.; if blindness, as mentioned before, appears, give Bell.; if the weakness increases, notwithstanding, Natr. mur. may still change the aspect of the disease.

#### CONTUSION OF THE CHEST, OR VIOLENT CONCUSSION.

In Part First of this book Arn. is prescribed; it is always better than bleeding; in hemorrhage it was observed, under

what circumstances Arn. ought to alternate with Acon., in cases where the fever continues, is worse in the evening, with a pain, as if an ulcer were in the chest, give afterward Puls.; but if cough remains, with an expectoration of thick yellow mucus, give Merc. viv.; if a sweetish expectoration and asthma remain, Nux vom.; if other symptoms, such as a dry, hacking cough, oppressed breathing, pale complexion, bad appetite or sleeplessness, give Chin.

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## CHAPTER VI.

## AFFECTIONS OF THE THROAT.

## SORE THROAT AND QUINSEY.

The various affections producing a troublesome pain in the throat pass under the general denomination of *sore throat*. In order to discriminate accurately amongst these affections, the throat should be carefully examined. Turn the patient to the light, near a high window, if possible, place the handle of a spoon on the tongue, and let him open his mouth wide, and at the same time push the tongue forward; whilst he does so, press down the back part of the tongue, but not with too much violence; by this means the whole of the inside may be examined. Persons not familiar with this simple practice, and who, of course, must needs take a longer time in the examination, should first let the patient open his mouth, hold back his head and put out his tongue, that they may examine the upper part of the throat. Then let him rest awhile, after which let him, a second time, open his mouth wide that a spoon handle may be introduced, by which the back of the tongue is pressed gently down, so that the uvula with the tonsils and the interior part of the throat are exposed to view. In the case of children who resist this exami-



nation, it is sometimes necessary to place a cork between the teeth; care, however, should be taken that, in pressing down the tongue, no injury is sustained.

Then compare the remarks of the patient, and your own observations with the symptoms of the medicine recommended. If the symptoms are accompanied by hoarseness, look under this head also. When one remedy does not effect a complete cure, it will always be easy to find a second which answers better; at any rate, you will effect much more than with the common domestic remedies.

If, nevertheless, you wish to make use of the ordinary remedies, wrap up the throat well in flannel or woolen at bed time; it sometimes gives relief. Too much and too long wrapping up of the neck is not good, for it causes the evil to return the sooner. Persons who have frequently suffered from sore throat, should accustom themselves to go with the neck bare, or with only a light silk handkerchief around it. A worsted ribbon is said to be good.

Gargling is an old, bad habit, which has been abandoned entirely, even by the better physicians of the old school. When it does good, the same object may be attained more easily by inhaling the vapor of fresh milk. When the throat is dry and swelled, and the disease violent, let the patient inhale the vapor of figs boiled in milk, or take small pieces of the figs in his mouth, or drink some of the milk. If the complaint is of long standing and attended with difficulty of swallowing, boil starch of wheat flour for this purpose. In the beginning, or when the complaint is of considerable standing, hot brandy and water is sometimes of use. If this makes it worse, give *Cof.* or *Nux vom.*

*Acon.* is frequently of service, and may be repeated after a couple of hours, when the patient experiences difficulty in swallowing and pains, or in speaking, when the throat is much more red than usual, and for burning, pricking, contracting, with fever, nervousness, impatience and uneasiness.



Cham. often answers for children, or when the complaint is caused by a cold, by a draught whilst in a perspiration. Besides the symptoms mentioned under Acon., there may occur also dryness in the throat, with thirst; feeling of obstruction when swallowing, also when bending the neck. It appears to the patient as if something were sticking in the throat which he has a constant desire to remove, but cannot. The glands of the lower jaw are swelled, there is a throbbing pain in them; the fever generally appears in the evening, sometimes with heat, sometimes with cold; sometimes with a catarrh and tickling in the throat, a pricking pain in the larynx, and the voice is hoarse. After taking this remedy, perspiration not unfrequently ensues, which must not be interfered with by giving other medicines.

Ign. for cases similar to those mentioned under Cham., when there is a constant feeling, as if there were a lump in the throat, which spot feels sore when swallowing; acute, shooting pains, which sometimes are experienced only, when the patient is *not* swallowing. Fluids are more difficult to swallow than solid food. The same remedy answers when the tonsils are swollen and inflamed, or ulcerated, or hard. Before, however, deciding on this medicine compare what is said under Bell. and Merc. viv., Hep. and Sulph. For ulcers on the tonsils which do not appear to be deep, give Ign. and afterwards Lyc.

Nux vom. in cases similar to those mentioned under Cham. and Ign.; a sensation as if there were a plug or lump in the throat, particularly when swallowing; with pains rather pressing than shooting, especially on swallowing the saliva. The throat feels raw and excoriated, scraped and rough; the cold air affects the throat painfully; sometimes the uvula is swelled and red.

Puls. the same as under Nux vom., the same feeling when swallowing, or the throat appears too narrow, and obstructed from a swelling; the same redness and scraping, yet, at the

same time, as if too dry without thirst; shooting pains in the throat when swallowing, yet worse when not swallowing; besides this, tension in the throat; the glands on the neck pain when touched; the interior of the throat is more of a bluish red; the fever is without thirst; in the evening chills, then heat.

Bry. when the throat pains upon being touched, or when the head is turned; swallowing difficult and painful, as if a hard substance were in the throat; the same shooting pains and soreness, but attended with dryness, or a feeling of dryness, which renders speaking difficult. These sensations are common after overheating, or after eating ice and drinking icewater; frequently accompanied by fever with and without thirst, and great irritability.

Rhus almost like Bry., only that the pains extend further down, and the patient is more inclined to weep; also, when Bry. does not effect a complete cure.

Caps. similar to the symptoms hitherto mentioned; it may be given when the other remedies do not suffice, when the fever continues, chills and thirst, then heat; the pains particularly oppressive, the swallow spasmodically contracted, excoriation and ulcers in the throat, also in the mouth, with a burning sensation; at the same time cough, with violent pain in the throat. Particularly when the patient wants to be always in bed, and is disposed to sleep; is afraid of the air and cold.

Cof. when accompanied by catarrh, a disposition to cough, worse in the air; at the same time sleeplessness, heat, great sensitiveness, inclination to weep. It may be given two or three times. It answers particularly when the pain passes from the side of the palate to the swallow, is continuous, worse when swallowing; when the soft palate above the uvula is swelled and prolonged, the patient thinks that phlegm is there, which he tries to swallow; at the same time dryness and heat in the throat.

Bell. nearly in the same cases as Cof., except that the outside of the throat is swollen, and drinking produces spasms in the throat; the fluids returning through the nose; constant disposition to swallow, pricking pain on doing so, and on touching the parts, swallowing difficult, producing spasms, or entirely impossible; the throat feeling as if there were a plug in it, dry, burning sensation, and a disposition to hawk up something; when not swallowing, tearing pain extending to the lower jaws, or up into the head; ulcers in the throat, which appear very suddenly and spread far; swelled tonsils and uvula, with a bright, sometimes yellowish redness of the parts, or redness without swelling; violent pains when swallowing and hawking, sometimes even when speaking; pressing, shooting pain in the tonsils, which seem as if they would burst, the glands swollen outside, at the same time violent fever, sometimes much thirst, much saliva in the mouth, pain in the forehead, the tongue furred. During the prevalence of scarlet fever, &c., Bell. answers best for sore throat; sometimes it may be given alternately with Merc. viv.

Merc. viv. in sore throat, as under Bell., from "Ulcers"; may be given when Bell. does not suffice, and the throat continues still very red, but particularly for ulcers. When they are without pains, and come on slowly, Bell. is of no use, but only Merc. viv., sometimes alternating with Hep. In the beginning of the disease, it suits better than the foregoing; when the pricking pains are very violent when swallowing, extending to the ears or to the glands of the throat, and to the lower jaw; when the burning in the throat scarcely allows the patient to swallow, with stitches in the tonsils, and a very disagreeable taste in the mouth, the gums and back part of the tongue swollen, with abundant discharge of saliva; in the evening sometimes chills, sometimes heat, and then perspiration without giving relief; during the night uneasiness, or an aggravation of all the symptoms; also worse in the air; at the same time, bad headache and drawing in



the neck; after Bell. and Merc. viv. the patient ought to avoid taking cold.

Hep. frequently suits after Merc. viv., particularly after taking cold; after Hep. Merc. viv. may be given again, if there is no improvement.

Lach. may be given when Bell., Merc. viv., or Hep. seems to be indicated, but does not suffice; if the palate is swelled around the uvula, continual disposition to swallow, much saliva in the mouth, and much phlegm in the throat; bad ulcers, or a cramp, which prevents drinking; the throat is very sensitive to the slightest touch, even to that of the bedclothes; all the symptoms worse in the afternoon, sometimes in the morning too, always after sleeping, particularly in the case of persons who have taken much mercury.

Verat. when the throat is dry and burns, is very rough and sore, with pressure as if swollen, with pains and cramp when swallowing.

Cocc. when the complaint is deeper in the throat, attended with pain when the food passes, or dryness far down, or when drinking produces a rumbling noise.

Chin. when the throat is dry and pricks, and is painful when swallowing, the complaint worse after every exposure to the air; changes with other pains, disturbs the patient during the night, and returns every time he takes cold.

Sulph. for frequent and continual sore throat, particularly when the inside of the throat, the tonsils and the uvula are swollen; swallowing is impeded, and beside the pains, peculiar pricking pains, or as if a lump were in the throat or the throat were too narrow, with soreness or dryness.

If on one side of the throat there should be a round swelling forming, attended with stitches and throbbing pain, which may indicate an abscess, the suffering may be relieved, and gathering promoted by the repeated external application of



warm lin-seed poultices, and by holding in the mouth warm milk or gruel. The patients, especially children, should be carefully watched during the night, to prevent the danger of suffocation in case the abscess should break.

Sil., Hep., Sulph., Merc. and Lach. are the remedies which must here be given.

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## CHAPTER VII.

### AFFECTIONS OF THE TEETH.

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#### TOOTH-ACHE.

Toothache sometimes affects other parts of the head, the lower jaw, the ear, the upper jaw, and the bones of the face, and the pain extends likewise from these parts to the teeth. We append therefore "The Faceache" to this chapter. This connection between the different parts of the head show that the cases of the complaint should not always be looked for in carious teeth. Hollow teeth sometimes pain, because they are apt to be affected by disease, but their being hollow teeth does not necessarily produce pain; they may get hollow and decay altogether without any pain whatever; if pain were occasioned by hollowness, the tooth would ache continually, whilst, on the other hand, teeth that are not hollow may pain most violently. What is said of exposed nerves is nonsense; whoever knows what a nerve is, and will take the trouble to reflect, will soon be convinced of it. Extraction of teeth can only be allowed, where there exists a fistula, ulcers at the roots, and the like, and as most of these can be cured by homœopathic remedies, it can only be necessary in the few incurable cases, and in the case of children who are shedding their teeth; in all other cases it is a bad remedy, because the root has to be extracted, and this is injurious to the jaw, as

the root may remain in it without causing the least pain, when we know how to treat it. Another reason for deprecating the extraction of teeth is, that, as soon as one has been taken out, another commences to get hollow the sooner. When the teeth remain in the jaw, the decay communicates itself but very slowly, except in a few diseases where the decay in a short time destroys all or most of the teeth. But when the disease is of this nature, extracting does no good, not even if all are taken out, for in this case it will attack the bones. Let no one believe that one tooth can affect the other, make it black, and communicate the caries. This is the doctrine of those who get paid for extracting them, but who cannot cure toothache.

The numerous kinds of tooth-powders and tinctures, too, as remedies are in almost all cases injurious. The teeth and gums ought not to be picked much, it is a very injurious habit; be careful in drinking to avoid the extremes of hot and cold, keep the teeth clean by frequent rinsing, every morning and after every meal; use, if you like, a tooth brush, and if you think you must have some powder, take sugar of milk, for which you may sometimes substitute finely powdered dried crumbs of brown bread. Burned bread or charcoal is injurious. The best and most agreeable means of keeping the teeth clean, and even removing the tartar, so that the unpleasant use of steel and iron may be dispensed with, is, to clean the teeth with cream which has turned sour. The good effect will be experienced by rinsing the teeth afterwards with some lukewarm water. If you have toothache, select in time one of the remedies recommended, and in most cases you will find that they give speedy relief. If they do not cure it, apply to a homœopathic physician, who has other remedies to prescribe.

The worst of all the common remedies is opium or laudanum. It is always injurious. Pain which has been removed by opium is sure to return with redoubled violence some time

or other. But it is very seldom the true remedy, and when it is, it is better to tie a piece of opium of the size of a pea on the outside of the cheek. Creosote ought to be used with the greatest caution; in many cases it is of no use, for instance, in the case of females in pregnancy, very rarely; in most cases it only allays the pain for awhile, and produces ulcers in the mouth, the throat, and the stomach; the mere introducing it into the mouth affects the stomach. For weak lungs it is very injurious.

They who suffer from toothache should abstain from coffee altogether; it is generally injurious to the teeth. When homœopathic remedies are used, care should be taken for a long time to avoid every thing that would interfere with their operation.

It ought to be observed that one globule taken on the tongue, if it is the proper remedy; or, when the case is very severe, mere smelling of the medicine will give the patient relief. The pain frequently gets worse for awhile after, but wait patiently, and if it begins to abate, take nothing more, until there is no longer any improvement. If it get worse again, and the symptoms resemble the first, take the same medicine; if they differ, select another.

As the torture of toothache is so general, and embitters life so much, and as medicines not suitably chosen, will prove ineffectual, we will endeavour, as much as possible, to facilitate the selection of the proper remedy by showing the twofold manner in which it must be found, namely first, by comparing the *symptoms* with the medicines adapted to them, and then by comparing the *medicines* with their respective symptoms.

In the first place, take note of every symptom complained of by the patient, and note down also the remedies which are recommended for each; then read farther on, under those medicines, which occur most frequently on your list, and see

whether they also correspond with the symptoms: by these means the proper remedy may be easily discovered.

It should be taken into consideration that not all the symptoms mentioned under a remedy must necessarily be found with the patient, but that all, or at least the greatest part of the symptoms of the patient must be found under the remedy selected.

To explain this, we will give the following example. A patient has violent tearing or drawing pains in different parts, and tearing in the gums (*a*); sometimes tearing pain extending into the head (*b*); cold air makes it worse (*c*); it is mostly in the morning (*d*); with determination of the blood to the head (*e*).

Among the different symptoms, we find for —

(*a*) Pains in the gums: Merc. viv., Puls., Staph., Hep., Ars., Carb. veg., Hyos., Calc.

(*b*) Which extend into the head: Merc. viv., Staph., Nux vom., Cham., Sulph., Ars., Ant. crud., Rhus, Hyos.

(*c*) Worse in the cold air: Bell., Merc. viv., Staph., Sulph., Hyos.

(*d*) Worse in the morning: Ign., Merc. viv., Puls., Phosph. acid., Staph., Bry., Nux vom., Chin., Sulph., Ars., Hyos.

(*e*) Determination of the blood to the head: Acon., Puls., Chin., Hyos., Calc.

After striking out all the remedies that occur here only once or twice you will find that Puls., Staph., Sulph., Ars., occurs three times, Merc. viv. four times, Hyos. five times; now, examine the symptoms under Hyos., and you will find that Hyos. or Merc. answers best.

Swelled gums: Acon., Bell., Merc. viv., Phosph. acid., Staph., Nux vom., Hep., Chin., Sulph., Rhus; painful, Merc. viv., Puls., Staph., Hep., Ars., Carb. veg., Hyos., Calc.

Teeth loose: Merc. viv., Bry., Nux vom., Ars., Rhus, Hyos; too long, Bry., Arn., Sulph., Ars.; blunt, Phosph. acid., Sulph., Dule.



Pains particularly in hollow teeth: Merc. viv., Puls., Staph., Nux vom., Chin., Ant.; also, Cof., Phosph. acid., Bry., Cham., Sulph., Sil., Calc.; in the whole row of teeth, Merc. viv., Staph., Cham., Rhus; on one side, Merc. viv., Puls., Cham., Rhus.

Pains extending to the jaw-bones and to the face: Merc. viv., Nux vom., Sulph., Rhus, Hyos.; to the cheeks, Bry., Sil.; into the ears, Merc. viv., Puls., Staph., Bry., Cham., Sulph., Ars., Rhus; into the eyes, Puls.; into the head, Merc. viv., Staph., Nux vom., Cham., Sulph., Ars., Ant., Rhus, Hyos.

With determination of the blood to the head: Acon., Puls., Chin., Hyos., Calc.; swelled veins of the hands and forehead, Chin.; heat in the head, Acon., Puls., Hyos.; burning of the eyes, Bell.; flushed cheeks, Acon., Bell., Cham.; pale face, Puls., Ars.; swelling of the cheek, Bell., Merc. viv., Puls., Staph., Bry., Nux vom., Cham., Arn., Sulph., Ars.

With much discharge of saliva: Bell., Merc. viv., Puls.; the mouth dry with thirst, Chin.; without thirst, Puls.; dry throat and thirst, Bell.; with chills, Puls.

With diarrhœa: Cham., Dulc., Rhus; with constipation, Merc. viv., Staph., Bry., Nux vom.

With nervous excitability: Cof., Acon., Bell., Hyos.

From taking cold: Acon., Ign., Bell., Merc. viv., Puls., Nux vom., Cham., Dulc., Rhus, Hyos.; cold makes it worse, Merc. viv., Phosph. acid., Sulph., Ars., Ant., Calc.; aggravated by cold air, Bell., Merc. viv., Staph., Sulph., Hyos.; by cold water, Bry., Nux vom., Sulph., Ant., Calc.; by taking cold drinks, Merc. viv., Puls., Staph., Nux vom., Cham., Sulph., Calc.; by cold washing, Merc. viv., Sulph., Calc.; drawing of cold air into the mouth, Bell., Merc. viv., Phosph. acid., Bry., Nux vom., Sulph.

Better when applying a cold hand to it, Rhus; temporarily, when applying cold water, Bry.; when applying the fingers dipped in water, Cham., relieved by cold air, Puls.

Worse in the open air, Bell., Staph., Nux vom., Chin., Sulph., Rhus; in the wind, Puls., Rhus; from draught, Chin., Sulph., Calc.; worse when in the room, Cham., Sulph., Ant. crud.

Better in the open air, Puls., Bry., Hep.

Worse from any thing hot, Bell., Phosph. acid.; from any thing warm, Cof., Puls., Bry., Cham., Sulph.; drinking warm, Merc. viv., Nux vom., Cham.; eating warm, Bry.; in a warm room, or warmth in general, Puls., Phosph. acid., Hep., (Cham., Sulph.); when warm in bed, Bell., Merc. viv., Puls., Phosph. acid., Bry., Cham.

Better from warmth, Merc. viv., Nux vom., Sulph., Ars., Rhus.

Worse from smoking, Ign., Bry., Chin.; better from the same, Merc. viv.

Worse from drinking coffee, Ign., Nux vom., Cham.; from drinking tea, Ign.; from drinking wine, Nux vom.; from drinking in general, Cham.

Worse when eating, Bell., Merc. viv., Puls., Phosph. acid., Staph., Bry., Hep., Sulph., Carb. veg.; after eating, Cof., Ign., Bell., Staph., Bry., Nux vom., Cham., Sulph., Ant. crud.; some time after eating, Bell.

Worse when moving the mouth, Nux vom. and Cham.; when chewing, Merc. viv., Staph., Bry., Nux vom., Sulph., Ars., Carb. veg., Hyos.; when biting, Cof., Bell., Puls., Nux vom., Hep., Sulph., Rhus; when clenching the teeth, Hep., Chin.; better from it, Cof., Chin., Ars.

Worse when touched, Bell., Merc. viv., Phosph. acid., Staph., Bry., Nux vom., Arn., Hep., Ars., Carb. veg.; when touched by the tongue, Ign., Merc. viv., Chin., Carb. veg.

Better on being pressed, Bell., Puls., Chin., Rhus; better when rubbed, Merc. viv.

Worse when picking, Puls.; better when the gums bleed, Bell.

Worse when in motion, Bry., Nux vom., Chin.; better when at rest, Bry.

Worse when sitting, Puls., Rhus; better when sitting up in bed, Merc. viv., Ars., Rhus.

Worse when lying down, Ign.; on the side where it pains, Ars.; on the other side, Bry.

Better when lying down, Merc. viv.; better when lying on the side on which is the pain, Bry.

When worse at night, Cof., Bell., Merc. viv., Puls., Phosph. acid., Staph., Bry., Cham., Hep., Sulph., Ars., Sil., Rhus, Calc.; in the evening, in bed, Merc. viv., Ant. crud.; worse when going to sleep, Ars.; better, Merc. viv.; worse before midnight, Bry.; after midnight, Merc. viv., Staph.

Worse when awaking, Bell., Nux vom., Carb. veg.; in the morning, Ign., Merc. viv., Puls., Phosph. acid., Staph., Bry., Nux vom., Chin., Sulph., Ars., Hyos.; in the forenoon, Puls., Sulph., Carb. veg.; worse in the afternoon, Merc. viv., Puls., Nux vom., Sulph.; toward evening, Puls.; in the evening, Ign., Bell., Merc. viv., Puls., Bry., Nux vom., Sulph., Ant. crud., Rhus.

Worse when there is a noise, Calc.; when spoken to, Bry., Ars.; with vexation, Rhus; when thinking, Bell., Nux vom.; when reading, Ign., Nux vom.

Toothache, in the case of females particularly, Cof., Acon., Bell., Puls., Chin., Hyos., Calc.; before, during, or after menstruation, Cham., Carb. veg., Calc.; during pregnancy, Bell., Puls., Staph., Rhus, Hyos., Calc.

Toothache, in the case of children in particular, Cof., Acon., Ign., Bell., Cham., Calc.

Toothache, in persons who are in the habit of drinking coffee, Nux vom., Cham., Cocc., Bell., Merc. viv., Carb. veg., Puls., Rhus.

Arn. is a very useful medicine after the extraction of a tooth; it stops the bleeding and promotes healing — but vinegar ought not to be used. After putting in artificial teeth, it relieves the pain and the swelling; after filing out carious teeth — which is sometimes a very useful operation — mix

a few globules of it in a teaspoonful of water, and put some of it on the spots which have been filed. In very intense pain, after a tooth has been drawn, sometimes Hyos. is of use; when the pain is severe after putting in new teeth, give Arn. and Acon. alternately. Arn. is sometimes good for toothache, when attended by throbbing, as if the blood were being forced out the tooth, or as if it had been started from its socket — worse when touched; is frequently of service for hard swelling of the cheeks, when other remedies have cured the toothache.

Give Cof. for the severest pains, when the patients are quite beside themselves, cry, tremble, and do not know what to do; the pain indescribable; it may be repeated. If it proves inefficacious, give Acon. or Verat., Sulph., Hyos. For stinging, jerking pain, or intermitting pressure, and pain when chewing, it is better than all others.

Give Acon. in all cases where the patients are almost beside themselves, when the pain cannot be described, and when Cof. does no good; also for throbbing pains from taking cold, with determination of the blood to the head; burning in the face, particularly in children; it may be repeated; when it loses its efficacy, give Cham. or Bell.

Cham. is beneficial in many kinds of toothache, particularly in children — and in persons who have much vexation, and who drink much coffee — in the case of females before menstruation, pain in the carious teeth; after taking cold when in a perspiration, or when the pain makes the patient very irritable and inclined to cry; when the pain is insupportable, and periodically very bad, worse during the night, when no particular tooth can be pointed out as causing the pain; or the tooth is hollow, appears too long, and seems to move (if it only appears loose, this remedy does not answer, Bry. suits better); or the pain goes through the whole row and every tooth appears too high; or it goes through the jaws to the ear; through the temples to the eyes, mostly on one side,



in teeth, jaws, ears and head; there is a crawling, sluggish pain continually, or a sensation of scraping and scratching against the nerve of the carious tooth, after which the pain increases; drawing and tearing, or rooting and throbbing; when at its height, stinging and jerking, extending to the ear; when the patient cannot bear the warmth of the bed, and the pain generally commences soon after meals, particularly upon eating or drinking any thing warm; when it grows much worse after drinking cold water — also after coffee; cannot be relieved by any thing else but by dipping a finger into cold water and applying it to the tooth; when, while the pain lasts, the cheek is red and hot, or the cheek and gums are swelled and of a light red; when the glands under the chin are painful and swelled, — if accompanied with great weakness, particularly in the joints; a pain in the articulation of the jaw on opening the mouth, going to the teeth — Cham. is a certain cure. When it is partly adapted to the symptoms and only relieves in part, the teeth being hollow, compare *Ant. crud.*, and then the following:

*Nux vom.* is useful for persons of violent temper, with ruddy complexion, who like coffee and ardent spirits — have little out-door exercise, or who have taken cold; when a healthy tooth pains and appears loose, or the teeth seem too long; jerking, shooting pains in the lower jaw; a drawing pain passing into the temple, or a pain from a hollow tooth affecting the whole face and even the bones — extending over the whole side; or when a carious tooth causes drawing and rooting pains, as if it were being wrenched out, accompanied by single violent stitches, which affect the whole body, particularly when drawing in the breath; when a dull pain in the bones changes to a tearing pain, which passes through the teeth and jaws, or there is a rooting, gnawing, tearing pain on one side; sometimes for jerking pains, or for rheumatic ones, attended with a pricking sensation; when they chiefly commence in bed or in the evening, prevent chewing, grow

worse or return as soon as the mouth is opened in the cold air; or when reading and thinking; or when the tearing pains are worse when cold liquids touch the tooth, but better when kept warm; in general worse after eating and exercise; when during the tearing pain the glands of the lower jaw are painful, but particularly when a swelling appears on the gum, which is going to burst.

Puls. answers for mild, quiet, timid persons — for women and children of a fretful disposition, when the pain is only on one side; for toothache, such as prevails much in the spring, accompanied by earache and headache on one side; when there is a stinging pain in the hollow tooth, and at the same time the left side of the face as far as the ear is very sensitive, with heat in the head and chills over the whole body, but particularly when there is a gnawing pain in the gums, and pricking as of pins, tearing and jerking in the tooth itself as if the nerve were strung and suddenly relaxed; or it jerks and tears as if the tooth were starting from the jaw, worse from cold water; the heat of the bed, the warm room, or any thing warm in the mouth increases it very much; cold air relieves it — it is also better when in the open air; worse when sitting, better when walking about — worse from picking the teeth, better from pressure — chewing does not make it any worse; it comes on mostly toward evening, rarely before — at the same time a chilly sensation and a pale face, or the blood rises to the head — or there is heat without thirst, and particularly after drinking chamomile tea.

Ign. When the foregoing remedies seemed to answer, but the patient is of a more tender and sensitive disposition, sometimes cheerful, sometimes rather inclined to cry; particularly for persons who grieve much; it answers when the jaw-teeth feel as if crushed; when there is a rooting pain in the incisors, and there is a sore pain in all the teeth; worse after drinking coffee, smoking, after dinner, in the evening, after lying down, in the morning when awaking.

Hyos. for very sensitive, nervous, excitable persons; the pain almost drives the patient mad — it is tearing, throbbing through the cheeks and along the lower jaw; or there is a tearing, raging pain in the gums, with a buzzing sensation in the tooth, which is loose, and feels when chewing as if it were coming out; or jerking, throbbing, drawing, tearing up to the forehead; extreme tearing pains in different teeth, occasionally accompanied by flushes of heat, with determination of the blood to the brain; is caused by cold air, generally coming on in the morning, sometimes accompanied by jerking in the fingers and the arms with such as are subject to convulsions.

Bell. frequently answers for females — also for children, and generally, when the pain and anguish cause great restlessness, running about, or where there is depression, and a disposition to cry; when the teeth and gums feel painfully sore; when biting produces a sensation, as if there were ulcers at the roots, with stinging, cutting, jerking, tearing pain; but particularly for a drawing pain, worse after going to bed, still worse during the night; or pricking pains in a hollow tooth, day and night; or a pain in a hollow jaw-tooth, as if too much blood were forced into it, with heat in the gums and throbbing in the cheeks — nothing mitigating the pain but picking the tooth until it bleeds; or the gums are swelled, with burning and stinging pains, discharge of much saliva, the cheek swelled, sometimes the eyes hot and the throat dry, with great thirst — frequently the pain returns in the morning, when awaking, or re-commences sometime after dinner; the teethache when exposed to the open air, when touched, from biting, when food or hot liquids come in contact with them — pressing hard upon the cheeks sometimes giving relief.

Chin. answers, particularly for mothers who are nursing — for persons who, otherwise cheerful, become cross and irritable; the pain coming on periodically — a throbbing,



tearing, jerking or drawing pain, great pressure or rooting, numbness about the teeth — worse when in motion, when touched, returning on exposure to a draught — the gums swell, the mouth is dry, there is thirst, the blood rises to the head, the veins of the forehead and hands swell, the sleep during the night is uneasy, although the pain abates.

Merc. viv. very frequently for children, when there are tearing pains in several teeth at once next to the hollow ones — the pain affects the whole side of the face, or the drawing and stinging pains extend to the ear, particularly troublesome during the night; or dreadful jumping pains in the teeth, especially at night, with stitches extending to the ear and the head; when there is a stinging pain in a hollow tooth, worse after eating or drinking anything cold or warm, is generally increased by cold, and particularly by damp air, less severe when in a warm place, or when the cheek is rubbed—the air sometimes rushes painfully into the incisors; or the toothache is only felt during the day and ceases during the night—followed by perspiration, and in the morning the same pains again, in paroxysms, with longer or shorter intervals, alternating with giddiness, or tearing in the limbs; the teeth are almost always loosened, the gums swell or become white and ulcerated, are detached from the teeth, burn and ache when touched; or they begin to itch, to bleed and to suppurate, with tearing through the roots of the teeth, or with painful swelling of the cheeks.

Hep. sometimes after Merc. viv. or Bell., when the painful swelling of the gums continues, or a pain as if blood were entering the tooth, or a drawing pain, worse after eating and in a warm room, or at night.

Carb. veg. sometimes, when Merc. viv. or Ars. appears to give relief, but does not effect a perfect cure; sometimes in persons who have taken much calomel, particularly when the gums bleed, are detached from the teeth, exposing the incisors: the teeth are loosened, they become ulcerated, and



ache when touched by the tongue, worse after eating, with drawing and tearing pains in the incisors.

Sulph. sometimes answers for jumping pain in hollow teeth—extending to the upper and lower jaw, or to the ear; for swelling of the gums, attended with throbbing pain, bleeding of the gums, and swellings around old stumps; for tooth-ache in the evening, or in the air, from draught, worse when rinsing the mouth with cold water.

Ars. sometimes when the teeth are loose, project, with constant jerking or burning, tearing in the gum, worse when touched, when lying on the affected side, and when at rest in general — also from cold; mitigated by the heat of the stove, by hot applications, or by sitting up in bed; particularly when it is very debilitating.

Ant. crud. The principal remedy for pains in carious teeth; with rooting, digging, tearing, jerking pains, sometimes penetrating into the head, particularly in the evening in bed, worse every time after eating, from cold water, better when walking in the open air.

Bry. for passionate, irritable, cross, obstinate people; pain in carious teeth, but still more in healthy ones; shooting pain with twitches towards the ear, tearing pain extending to the cheek, and acute pains, as if caused by an exposed nerve — sometimes as if the air were touching the nerve, rushing into the hollow tooth with a painful sensation; when the teeth appear too long and too loose but are not so, and when chewing they feel, notwithstanding, as if they were falling out — the pains worse when smoking, chewing, from any thing warm in the mouth — better in the open air — sometimes relieved by cold water, but only momentarily; also when lying on the affected cheek, but worse when lying on the other. Likewise, when the pain shoots from one tooth into the other, and also into the head and cheeks.

Rhus answers sometimes for the same painful sensation, as if the tooth were too long, as under Bry., or loose and

moving, as if the tooth were hollow, and as if air were entering it; particularly when the gums are swelled, burn, itching like an ulcer — they are sore and detached from the teeth; with jumping, shooting pain, or a drawing pain, as if the teeth were being torn out, (similar to Puls.,) with slow pricking or throbbing, tearing in both rows of teeth, extending into the jaws and temporal bones, with a painful soreness, generally only on one side — it arises from taking cold, or from vexation, is worse in the air, (with Bry. better,) is insufferable during the night, is mitigated by heat; sometimes accompanied by an offensive smell from the carious teeth. It suits better for quiet persons (not like Bry.) who are disposed to sadness and melancholy, or become agitated and afraid, (similar to Bell.).

Staph. when the teeth become black and hollow, loose the enamel, the gums grow pale, white, corrupted, swollen — ache when touched, a throbbing in them — they are covered with blisters and ulcers; for pains in hollow teeth, intense gnawing, drawing or tearing, particularly in the roots, or through a whole row of teeth; or the pain spreads from a carious tooth to the ear, with throbbing in the temple — worse in the open air, when drinking any thing cold, from chewing, eating, particularly during the night or toward morning.

Phosph. acid. sometimes for bleeding, swollen gums, tearing pains, worse when warm in bed, also from heat and from cold; a burning in the front teeth during the night; pains from a carious tooth, extending to the head.

Sil. sometimes for tedious, rooting, tearing pains day and night, worse during the night, spreading over the whole cheek, also over the bones — offensive matter exudes from openings near the root of the tooth or the gums — the bones of the jaw are swelled.

Dulc. Sometimes useful for toothache proceeding from cold, particularly when accompanied by diarrhœa, and when Cham. does not answer; when the head is confused at the

same time; when much saliva is discharged from the mouth, (similar to Bell. and Merc. viv.,) and the teeth feel blunt.

Calc. sometimes for toothache in pregnant females; pains in hollow teeth, especially around loose stumps; pressing, drawing, jerking, soreness; drawing, pricking, rooting, gnawing, grubbing, throbbing pains, with swelled gums, which are sore, bleed easily, with throbbing and acute pains; it only answers when there is a determination of the blood toward the head, particularly during the night; when the pains are caused by taking cold, or are aggravated by it — the same from a draught or cold; the patient can neither bear warm nor cold drinks — even noise makes it worse.

Caust. for toothache arising from breathing the open air, generally attended with stinging, throbbing pain and a feeling of soreness; when the teeth feel painfully loose and lengthened, when there are ulcers at the roots of the teeth, the gums suppurating, very tender and swollen. The pain frequently affects the whole left side, especially at night when the patient lies on it, sensitive equally to heat and cold.

*When the toothache ceases and the cheek remains swollen,* give Puls., after Merc. viv. or Cham.; or Merc. viv., after Puls. or Bell.; or Bell., after Merc. viv.; or Sulph., after Bell., Bry., Ars. &c. If the swelling is red, as in erysipelas, give Merc. viv.; hard and stiff, and less red, Arn.; if it is about to suppurate, give Hep., and let the patient take figs in his mouth, boiled in milk; if the swelling does not subside soon, give Lach. once or twice, and then again Hep.; if Merc. viv. has not yet been used, it may be given in this case. Externally, apply nothing but a handkerchief to keep off the air, except when there is much tension, and the swelling does not spread very far; in this case, make a linen compress of the size of a dollar, dip it into warm water, and after squeezing it, put it on damp, and tie a dry handkerchief over it; if the swelling spreads wide and radiates, or if it is of a yellowish red, and blistered, apply to the cheek a small flat bag of rye flour,

which has been heated. If it itches much, hair-powder or wheat starch will be beneficial; if it breaks externally, apply a rag greased with good fresh tallow, and tie a handkerchief over it.

### FACE - ACHE.

Face-ache may sometimes be relieved by the same remedies as the toothache; if they do not suffice, apply to a homœopathic physician. Distrust those who pretend to cure by cutting and cauterizing; in most cases, where the nerve is destroyed by either of these means, the affection re-appears in a worse form. Acon. often suits when it comes alternately with *rheumatic* pains, attended with redness and heat, or other symptoms mentioned above. For heat and throbbing, Arn.; for heat with other pain, compare Staph. and Bry.; for very intense pains, Chin. suits; for tearing pains, Calc.; for stinging, drawing, Ars.; cutting or tearing in the upper jaw, itching and crawling in the bones, Bell.; heat and pressing pains, relieved by pressure, Bry.; for tearing and drawing pains in the bone, which are worse when touched, Chin. or Hep.; pressure or cramp in the cheek-bones, Hyosc.; pressing, cutting, shooting, Rhus; burning and pressing in the cheek-bones, heat, throbbing, shooting, tearing, drawing, cutting, Staph. Besides these remedies, the following are sometimes of use:

For pinching and drawing pain on one side, almost to distraction, Verat.; for violent pains, mostly in the bones, (compare Bell., Hep., Chin., Hyosc., Staph.,) especially pressure in the cheek-bones, worse when touched, (see Hep. and Chin.,) and worse in the evening, Caps.

For jumping pains, Puls.; for burning and tension around the cheek-bones and above the eye-brow, returning periodically, as in intermittent fever, Spig.

As a domestic remedy, cold water may be sprinkled on the painful spot, or ice may be applied; if this is of no use, try linen compresses dipped in hot water.

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## CHAPTER VIII.

### AFFECTIONS OF THE MOUTH.

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#### BAD TASTE IN THE MOUTH.

*Sometimes the taste only is affected, without any other perceptible symptoms; in which case we can only try the remedies first mentioned below for the different kinds of taste; sometimes the other symptoms, should there any exist, are not sufficiently marked to guide us in the selection of a remedy; in that case, select according to the following table:*

*Bitter taste in the morning, Sulph., Merc. viv., Bry., Calc., Sil.*

When *solid food tastes bitter*, Sulph., Bry., Rheum, Rhus, Hep., Coloc., Ferr. Food and drink bitter, Puls., Chin.; after eating or drinking, a bitter taste in the mouth, Puls., Bry., Ars.; in the morning or evening, Puls., Arn.; at different times, or continually, besides the above medicines, Acon., Bell., Verat., Nux vom., Cham., Ant. crud., Carb. veg.

For *sweet taste*, Merc. viv., Sulph., Cupr., Bell., Puls., Bry., Chin., Ferr., Spong., in the morning, Sulph.; bread leaving a sweetish taste, Merc. viv.; beer, Puls.; bloodlike, sweetish taste, Ferr., Sulph.; like nuts, Cof.

When *saltish*, Carb. veg., Rheum, Phosph. acid., Nux vom., Sulph., Ars., Natr. mur., Cupr.; when victuals taste so, Carb. veg., Sulph.; when coughing, Carb. veg., Cocc.

When *sour*, Rheum, Phosph. acid., Nux vom., Chin., Sulph., Caps., Calc., Natr. mur., Cocc., Cupr.; the victuals taste sour, Chin., Calc.; after meals, Puls., Nux vom., Carb. veg., Natr. mur., Cocc., Sil.; after drinking, Nux vom., Sulph.; after drinking milk, Carb. veg., Sulph.; in the morning, Nux vom., Sulph.

*Acrid, biting taste*, Verat., Rhus; burnt, smoky taste, Puls., Nux vom., Sulph.; like herbs, Verat., Nux vom.; like peppermint, Verat.

*Earthy taste*, Puls., Hep., Chin.; insipid, Puls., Rheum, Staph., Bry., Chin., Sulph., Dulc., Rhus, Ipec., Caps.; slimy, Bell., Rheum., Arn., Rhus, Plat.; greasy, oily, Sil., Caust.; smeary, Caust.; sticky, Phosph. acid.; watery, Staph., Chin., Caps.

*Putrid taste*, Arn., Merc. viv., Bell., Bry., Cham., Puls., Acon., Verat., Phosph. acid., Sulph., Rhus, Natr. mur., Cupr., Caust.; in the morning, Sulph., Rhus; after meals, Rhus; like pus, Puls.

*When tobacco has a sharp taste*, Staph., when bitter, Cocc.; loathsome, Ipec.; disagreeable, Ign., Puls., Nux vom., Arn., Calc., Cocc.

*When the victuals have no flavor*, Merc. viv., Puls., Staph., Bry., Nux vom., Ars.; when the taste is entirely gone, Verat., Bell., Puls., Rheum, Bry., Hep., Hyosc.; in chronic cases, Sil., Natr. mur.

### INFECTED BREATH.

Every morning, and after every meal, rinse and rub the teeth with moderately cold water, and gargle the throat with it, whether it cures it or not; do not use any odoriferous things, which only hide, but do not remove the offensive smell. If the breath is offensive, take a piece of charcoal, break it up, pour water on it, and rinse your mouth with it, or gargle the throat with it. If the difficulty is caused by a carious tooth, take blotting paper, roll it up, and clean the tooth with it until all the offensive moisture is absorbed; then fill it up with wax. If wax will not remain in it, bite slowly into a ball of wax, take it carefully out, and cut, from a gall-nut, a plug exactly like the impression in the wax; but so that the shell forms the outside, and put it into the hollow tooth. This

sometimes removes both the offensive smell and the pain. The smell caused by garlic or horseradish can be destroyed by taking some wine or by eating a pear or boiled beets after it. When it appears only in the morning, *Nux vom.* or *Sil.* removes it frequently; in the morning and at night, *Puls.*; after dinner, *Sulph.*, also *Cham.*; besides these medicines, *Merc. viv.*, *Bry.*, *Ars.*, and *Hyosc.* may be tried.

### SCURVY IN THE MOUTH.

The gums become very hot, red, and very sensitive; they swell, become spongy, and shrink from the teeth; little ulcers make their appearance on the gums, which smell offensively; the same on the inside of the lips, the cheeks, on the palate and even on the tongue; a putrid, very offensive smell is emitted from the mouth, there is a discharge of tough, bad smelling phlegm and saliva; sometimes the glands of the throat swell and become painful; the patient becomes very weak and suffers from a slow fever. Almost in every case, *Merc. viv.* is efficacious, except when mercury is the cause, in that case give *Carb. veg.* or some other antidote. If *Merc. viv.* does not cure the complaint entirely, give *Dulc.* With inert and corpulent people it frequently arises from uncleanness or want of exercise in the open air; in such cases it is better, at first, to give *Caps.* To irritable, lean people, who are much within doors, give *Nux vom.* If too much salt food is the cause, give *Carb. veg.* or *Ars.*; and if this does not soon produce a salutary effect, let the patient take every day, once or twice, a drop of sweet spirits of nitre. If very tedious, *Sep.* is better.

*Merc. s.* answers when the complaint is already very bad and extends to the nose; when the pus which escapes affects the stomach and causes painful evacuation.

*Ars.*, when the ulcers are already very bad and burn violently; the patient is very much reduced, or when *Merc. viv.* has proved inefficacious.

Dulc. may be given first, when taking cold was the cause of the disorder and the glands are swollen and hard.

Carb. veg., in addition to the cases arising from mercury or salt, it is particularly beneficial when the gums bleed very much, and smell very offensively; if it does not suffice, give afterwards other remedies.

Natr. mur. suits when the ulcers spread very slowly and do not improve much, after the above remedies have been tried; when the swollen, bleeding gums are very sensitive, when every thing cold or warm, or eating and drinking, affects them; when blisters and little ulcers appear on the tongue, which bite and burn, and hinder from talking.

Among the many domestic remedies in vogue for this complaint, the one which is most to be recommended, in case the above medicines should not produce the desired effect, is rubbing the gums with slices of lemon; this produces, in the beginning of the disease, especially in summer and at sea, a very salutary effect. Sage, also, is a specific in many kinds of this disease; rinsing with Cognac brandy is sometimes of service.

### INFLAMMATION AND SWELLING OF THE TONGUE.

For this affection give Acon., and some hours after Merc. viv.; if this does not suffice, or if other parts of the mouth are painful and ulcerated at the same time, give Bell.; if caused by external injury, Acon. and Arn., alternately — the same when caused by the sting of a bee or the like. In dangerous cases, and when no physician can be procured, give Ars. and Lach. For induration of the tongue, give Merc. viv. and Bell. If caused by frequently biting the tongue during sleep, Phosph. acid.

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## CHAPTER IX.

### AFFECTIONS OF THE STOMACH.

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#### WANT OF APPETITE.

The common remedies for exciting the appetite are, to speak plainly, more calculated to impair it altogether. Things highly salted, sour or sharp, burning, heating spices, but, in particular, roots, herbs or barks steeped in liquor, and taken as stomachics, are all artificial and cannot furnish nourishment. They are all beneficial medicines when used at the proper time, in the right case, and in appropriate quantities, and every one knows from his own experience, or has witnessed it in others, that they sometimes produce a salutary effect. But as all medicines are injurious when taken in too great quantities, or too frequently, the trying of many of these things must, of course, do more harm than good, and particularly so, when the patient accustoms himself to their use. Of what use is it to awaken the appetite for a day or two, if it fails again afterwards. As it is the case with all food that it is partly retained in the body and partly thrown off, so it is with these substances also, which, containing no nutriment, cannot supply any to the human economy. By degrees, these extraneous substances so accumulate in the system, that they cause incurable diseases; not in the intestines, whence they might be expelled by aperients; not in the blood, whence they might be extracted by bleeding. No, these are popular errors; every physician, who knows any thing of physiology, is aware that nothing can remain in the intestines any more than in the blood, the latter changing every day; but it is the solid parts of the body which undergo a change.

Persons who use these things now and then, in small quantities, cannot do themselves great harm. Sometimes a salt fish or acids, particularly in summer, have a good effect, especially, when the stomach craves these things, and when this craving ceases for some time after having been satisfied once; but if the same craving returns very soon, it is a sign that their use is injurious.

The best remedy is the regular use of cold water. In the morning, particularly fasting, an hour or two before, and a couple of hours after each meal, and in the evening before going to bed, drink regularly a glass of water. At dinner drink moderately, and after a heavy meal but small quantities at a time.

### WEAKNESS OF THE STOMACH.

The most essential information respecting this complaint, when it is felt very soon after eating, or when it is produced by other causes, has been given under Chapter IV., Part I. When arising from other causes, see Chapter I., II. and V., Part I. There are, however, many cases where different causes exercise an influence at the same time; or where the cause is not known, and some are of a temporary nature, while others are lasting, the latter generally passing under the name of dyspepsia: some cases of this kind are the commencement of violent and dangerous diseases. We will here mention several kinds which every one can cure himself; but there are others, especially the so called dyspeptic, which need the aid of a homœopathic physician.

The most important condition is a rational mode of living, not adopted for a time merely, but permanently; the food must be wholesome, nutritive, sufficient and also varied, to suit the requisitions of the stomach.

For all sudden cases usually attended with want of appetite, nausea, pains, particularly griping, disturbed sleep, weak-

ness, select among the first medicines here prescribed, in chronic cases among those which you will find farther on.

Arn. when the disorder is caused by a blow upon the stomach, or by lifting, with pain and cracking in the small of the back; by want of rest, much mental application, and generally when arising from over-excitement and irritability, when the patient is very nervous, the tongue dry, or coated and looking yellowish, the taste putrid or bitter and sour, with a bad smell from the mouth; the patient if accustomed to smoking, loathes tobacco; a craving for something acid, rising, sometimes with a taste as of bad eggs; after meals a fullness in the pit of the stomach, inclination to vomit, retching, flatulence in the abdomen; the belly is distended; at the same time a heaviness in all the limbs, weakness in the legs, giddiness, fullness in the head, particularly over the sockets of the eyes, dull feeling and heat in the head, disagreeable warmth, frequent awaking, starting when asleep, troubled dreams. If Arn. does not suffice in these cases, give Nux vom. or Cham.

Nux vom. If the complaint is caused by dissipation and late hours, by drinking wine or coffee, particularly if the patient has taken cold besides; when the mouth is dry without thirst, the tongue coated and white, much phlegm in the mouth, heart-burning; no taste, or all kinds of food taste insipid, water collects in the mouth, vomiting, pressure on the stomach, the abdomen is distended, slight and hard evacuation, or the patient is constipated; reeling, giddiness or dullness in the head, heaviness in the back part of the head, ringing in the ears, drawing in the jaw teeth, sometimes below and sometimes above, drawing in the limbs; want of energy and aversion to thinking; the patient is restless, quarrelsome, sullen, at times there is heat in the face, single, red pimples in the face. If Nux vom. does not cure it, give Cham.

Cham. When the patient has eaten or drunk soon after mental irritation, and in consequence has a bitter taste in his

mouth, eructation as from bile, vomiting of green phlegm or light bile; tossing about during sleep, frequent awaking, pain and fullness in the head, the face red and hot, the eyes red and burning, the mind very sensitive. If Cham. does not prove efficacious, give Puls., and if this also fails, Nux vom.

Puls. When different meats or drinks, which do not agree with each other, have been taken at the same time, particularly such as produce flatulency; or when much fat has been eaten, especially of pork and mutton or sausages, any thing fried in rancid butter, or pies baked in all sorts of fat, when the taste is bitter, salty, or resembles that of putrid meat or tallow; bread and all other kinds of food producing this bitter taste; distaste to tobacco; at the same time much phlegm in the mouth, a grating in the throat, eructation as from bile, or acidity and acrid bile in the stomach, a particular aversion to warm food, the belly is distended, tight, particularly under the ribs, rolling and rumbling in the abdomen, slow, troublesome, small evacuation or diarrhoea; drawing in the limbs, as from fever and ague; the patient feels chilly, weak, is cross, silent, annoyed at every trifle, with little inclination to speak.

Chin. often answers when the air is infected with noxious vapors, in spring and autumn, when wet days are succeeded by dry weather; in countries where there are many canals, particularly if recently made, or where there is much drained land, or much fog; also for persons who are obliged to work where they breathe noxious odours, and have not sufficient fresh air; it frequently cures the forerunners of fever and ague, and sometimes prevents the fever altogether. There is a constant feeling of having eaten to satiety, indifference to food and drink, after eating the victuals remain a long time in the stomach, much eructation, the undigested food is frequently thrown off; craving for something strong, sharp, sour; weakness in the body, and a disposition to lie down, without being able to remain quiet; the patient is obliged to bend and stretch his limbs, which are quite stiff in the morn-



ing; frequent flushes of heat; chilliness after every breath of air; the urine is dark, and forms a sediment; after lying down the patient finds it difficult to go to sleep, and should sleep ensue, it is constantly disturbed; the disposition at the same time melancholy and morose.

*Ant. crud.* when the patient feels sick at the stomach, the tongue is coated or blistered; frequent rising, which tastes of the food last taken; the mouth feels dry, or the saliva flows from it, there is much thirst, particularly during the night; phlegm in the throat, or vomiting of phlegm and bile, the stomach aches as if too full, or when touched, there is besides flatulency and griping, with constipation and diarrhœa. If it does not soon produce a favorable change, give *Bry.*

*Bry.* when the stomach is disordered, and the patient feels cold and chilly; the bowels are constipated, the tongue coated, white or yellow, or blistered as under *Ant. crud.* The same thirst, but both night and day, more dryness in the throat and the stomach; principally in summer, or when the weather is warm and damp, give first *Bry.*; repeat it in from six to twelve hours, if necessary, and after this, if the patient does not improve, give *Ant. crud.*

*Ipec.* when the stomach is surcharged with phlegm, or is otherwise debilitated; when the tongue is not coated, although the patient is sick at the stomach, and vomits; it answers particularly with loathing of food, even of tobacco, for easy and violent vomiting, principally when accompanied by diarrhœa; also when the complaint returns every day, or every other day, at the same time.

*Hep.* when the stomach is easily disordered, notwithstanding a regular mode of living, or when this occurs despite the utmost care, and frequently; with craving for acid, strong, acrid things, or for wine; when accompanied by nausea, sickness of the stomach and eructation, principally in the morning; at times sour and bilious vomiting and throwing up of

phlegm, phlegm in the swallow, pain in the bowels, and hard, dry secretion, particularly when, blue pills have been taken.

Lach. when Hep. does not operate sufficiently; when the complaint commences immediately after meals, or early in the morning; when several days pass without any evacuation. The most tedious cases of dyspepsia may sometimes be cured by Hep. or Sulph., if you do not give these medicines too often, but quietly wait until the symptoms become decidedly worse again, and if, when the effect of the one is worn out, you commence with the other. When both fail, give Bell. or several times Merc. viv., and after this, Sulph.

### MUCOUS STATE OF THE STOMACH.

Debility of the stomach, attended with much phlegm in the mouth, or with the throwing up of phlegm. In other respects the symptoms resemble those of "Disordered Stomach", only the taste is more insipid or sweetish; before dinner the patients are very weak and miserable, and after dinner they feel full and uneasy. First give Ipec. a couple of times, and then select one of the other remedies. If accompanied by diarrhœa, thin, brown, slimy secretion, smelling sour or musty, give Rheum. When much bile is vomited and otherwise discharged, and the symptoms are very violent, give Verat. once or twice. If accompanied by burning in the throat, or in the stomach, or during evacuations, give Caps. Persons afflicted with this disease, should take cold water freely, 10 to 12 glasses every day, and gargle the throat each time.

### HEART - BURN.

This is a burning, sour, acrid rising from the stomach to the mouth; generally connected with other complaints of the stomach, and may be cured by the remedies recommended for those symptoms. Nux vom. is frequently of service; or when the complaint chiefly appears after meals, Clin.; when Nux vom., Cham., or Puls. does not remove it, give Caps.; if

Chin. is not effectual, give Carb. veg.; if caused by smoking, Staph.; if attended by much thirst, Bell. When these remedies are ineffectual with pregnant females, a slice of lemon sugared and kept in the mouth is salutary. Sometimes the drinking of sugar water every morning, and of much water in general, will remove it, although it may make it worse in the beginning. Water crackers give relief. Take care not to use any lye or wood-ashes, they produce dangerous maladies; also avoid chalk, magnesia, prepared oyster shells, &c., which often remain in hard lumps in the stomach, particularly when aperient medicine is taken afterward.

### NAUSEA AND VOMITING.

In this complaint the possible causes ought to be taken into consideration, and the remedies be selected accordingly. Very frequently these symptoms disappear of themselves after vomiting, therefore, it may be promoted by giving tepid water, tickling the swallow with a feather, or by giving coffee without milk. No emetics are to be taken; they always weaken the stomach. The same effect may be produced when the tongue is much coated, and is white or yellow, by giving Ant. crud., or, when the tongue is clean, by Ipec. Sometimes nausea and vomiting are caused by fright, by grief, vexation, by taking cold, by overheating, by sitting up at night, by a disordered stomach, by drinking, smoking, chamomile tea, rhubarb and other medicines. Having ascertained the causes, look under their respective heads.

When nausea and vomiting are caused by a fall which injures the head, Arn., when by some obstruction in the swallow, see under "Foreign Substances."

When connected with giddiness or headache, see Chapt. I., Part II. ("Headache"); when the medicines recommended in such cases do not give relief, give once or twice Lach., and then Bell. Vomiting with cough see page 9, and try Ipec., Merc. viv., Caps., Puls., Bry., Chin., Dros., Phosph. acid.,

Sulph., Calc., Lach. Compare the medicines recommended for "Hooping Cough."

When caused by riding, give Cocc. once or twice a day.

Vomiting from weakness of the stomach, occurring after every meal, is often cured by Puls. or Nux vom., given alternately with Bry. When the stomach is so weak that only very little food can be taken at a time, that the least surfeit causes vomiting with spasms and cutting in the bowels, or giddiness and vomiting of white, tough mucus, diarrhoea, weakness of the limbs, sometimes to fainting, give Puls. or Cocc. If it continues, notwithstanding, give Nux vom. and afterwards Bry.; if these do not remove it, compare all the remaining symptoms of the patient, and choose between Chin. and Ferr., which also may be given alternately; or first, Sulph. and then Ars. Hyosc. gives relief in some violent cases, and Calc. in many tedious ones, particularly after Sulph.

Vomiting in children caused by worms, see under "Complaints caused by Worms."

### SEA - SICKNESS.

For sea-sickness, Cocc. is still the principal remedy; it must, however, be taken in repeated doses. Owing to the differences in men they are differently affected by the motion of the sea, some becoming easily accustomed to it, others, with greater difficulty, and others, not at all. Hence the remedies must be adapted to the constitutional peculiarities from which the sickness arises. Some persons are benefitted by drinking brandy and water, and others by eating raw ham highly peppered. In all cases, it is proper to take as much exercise as possible, to force oneself to eat, and to place blotting paper soaked in rum, brandy or whiskey, on the pit of the stomach. For uncomfortable sensations produced by the scents of the vessel, or by the odour of the food, take Colch.; those who are affected by noises, Therid., especially when



suffering from a violent headache; where there is a craving for acids or something piquant, *Scp.* will be beneficial, taken once or twice; in cases of great debility, *Petrol.* In constipation attended with a putrid taste and bloody gums, take *Staphys.*

### SPASMS AND PAIN IN THE STOMACH.

It is well known that in these complaints the old system of medicine is entirely at fault; homœopathy, on the contrary, can do much. Those of long standing and of the worst kind, are frequently cured in a short time, even in old people; but at all events, by a regular and continued treatment. Among the domestic remedies many are very injurious; opium and morphine pills are in no disease more dangerous and injurious than in these. Remedies, which may be tried, and which sometimes alleviate the complaint, are, from time to time, a tablespoonful of milk, and rubbing the region of the stomach with olive or linseed oil. Some persons find relief after taking thin chicken soup, some from the application to the region of the stomach of a sheet of blotting paper steeped in rum. The same persons, however, will find greater relief from *Nux vom.*, if they will only refrain from the use of ardent spirits and coffee, and even avoid smelling them. A few handfuls of common oats roasted in a pan, may be placed warm upon the stomach in a little bag — the oats must not be quite as brown as coffee. This is very useful when the patient has before taken opium or laudanum, and has, as usual, aggravated the complaint thereby.

*Nux vom.* is good for coffee and brandy drinkers, when they leave off their old habits entirely — when the pain in the stomach is contracting, jamming, the clothes seem too tight, or there seems to be a collection of wind on the left side under the ribs, worse after eating, after early rising, sometimes disturbing the patient in his sleep. These pains are sometimes accompanied by an oppression on the chest,

as if a ribbon were drawn around it, sometimes extending between the shoulders and to the small of the back. The pains are frequently attended by nausea or the collecting of water in the mouth; or sour, bitter, burning water rises in the throat; vomiting of food; sour, putrid taste in the mouth; flatulency causes the bowels to distend, and the patient is constipated. Sometimes it is accompanied by headache on one side, pressing on the forehead, or palpitation of the heart and nervousness. Give one globule in the evening; if not better the next morning, another, and allow it to operate a week; if before the expiration of this time the complaint gets worse again, give Puls., Cham., or Ign.; if it gets worse after another week has elapsed, Nux vom.; if it fails this time, give Carb. veg. If Nux vom. proves useless from the beginning, then try Cham. or Cocc.

If drinking coffee aggravates the complaint, give Nux vom., if it improves it, Cham.

Cham., when there is a pressure as from a stone; when the pit of the stomach and the parts immediately under the ribs on the left side seem swelled, as if the heart would burst; at the same time, shortness of breath — worse during the night — the patient is exceedingly uneasy, tossing about in the bed, and perspiring profusely; sometimes he is troubled with a throbbing pain on the top of the head which drives him out of the bed. The pain in the stomach is somewhat alleviated when he draws himself up, and lies perfectly quiet. When the pains are very violent, give Coff., and afterwards, if necessary, Cham. If Cham. is of no use, give Bell.

Spasms in the stomach during menstruation can generally be cured by Nux vom., or some hours after, by Cham.; but if menstruation is very weak, Puls. or Cocc. is more likely to prove of service.

Cocc., when Nux vom. gives some relief, but the pain returns very soon; when accompanied by hard secretion, or entire costiveness; when the pain in the stomach is accom-

panied by a pressing, contracting pain extending over the abdomen, alleviated by the discharge of wind; when, during the sickness of the stomach, water collects in the mouth without heartburn; when the patients are not irritable, angry, nor violent, (when *Nux vom.* would answer,) but rather sullen and taciturn.

Bell, when Cham. proves ineffectual, or gives only partial relief; more frequently with females who are delicate and sensitive; when there is a gnawing pressure or a spasmodic tightness, obliging the patient to lean back or to keep his breath, which mitigates the pain; also, when the pain always returns after dinner; when it is so violent as to deprive the patient of consciousness, or make him faint. It is mostly connected with thirst, and drinking increases the pain; evacuation is tardy and trifling; the patient cannot sleep during the night.

Bry., for the same pressure as with Cham., particularly when it commences during meals, or immediately after, and the pit and region of the stomach seem to be swelled; sometimes the pressure changes to a contracting, pinching or cutting pain, is lessened by pressing upon the stomach, or by eructation; when in motion the pains are worse, (the reverse is the case when Chin. answers). At the same time the case is attended with constipation and a pressure in the temples, the forehead or back part of the head, as if the bones of the head were being forced asunder, better when pressed hard or tied tight with a handkerchief.

Puls., when the pains are shooting, worse when walking, particularly when making a mis-step; always accompanied by nausea or vomiting; when the secretion is thinner, more liquid; no thirst except during the most violent pains; when there is great tightness and a jamming pain, or violent throbbing with anxiety; a grasping pain, diminished by eating; when eating makes it worse, causing pressure and pinching.

Generally for mild, tender-hearted persons; also, when cakes or fat things have brought on the complaint.

Ign., when Puls. does not suffice, and the complaint does not disappear after a couple of days; when the pains resemble those under *Nux vom.*; but without hard secretion and with less vomiting; when after every meal pressure is felt in the upper part of the stomach, or the lower part of the throat; it answers also for those who have been starving, or have not had enough to eat for some time. .

Chin. answers for debilitated persons who have taken many emetics or cathartics, have been bled or cupped frequently, or lost much blood otherwise; who have been salivated, or taken soporifics, or lost fluids by other means. It must, therefore, be given first, when females have spasms in the stomach from nursing, particularly when much milk runs away, (here *Bell.* is to be given afterwards,) or when they continue nursing too long, that is, more than nine months; in the latter case the child has to be weaned. Generally, when the digestion is not good, with much mucus, acidity and acrid bile in the stomach; when the stomach feels sore; when meat and drink cause pressure and inflation of the stomach, worse when at rest, better when in motion.

Carb. veg., particularly when *Nux vom.* has proved useful, but only for a time; when there is a burning pain, or a constant, painful, agitating pressure, worse when touched; or with a contracting, spasmodic sensation, forcing the patient to bend, taking away the breath, and worse when lying down. Frequently accompanied by heart-burn and nausea; loathing at the very thought of food; constipation.

Calc., for chronic complaints, or when *Bell.* has proved of temporary utility; for oppressive, cutting, jamming, spasmodic, pinching, choking pains, with a feeling of anxiety; worse after eating; frequently attended by vomiting of food; worse during the night; with pain when pressing externally; par-



ticularly for women whose changes are, or have been, very copious; or for others who bleed much from the nose.

Sep., may advantageously follow Puls. if the pains are caused by suppressed or difficult menstruation; it is indicated by most of the painful symptoms that take place after a meal, by extreme pressure in the stomach, and by a burning pain in the epigastrium.

Staphys. is useful in some cases, and is particularly applicable when there is acute pressure, tension, and squeezing about the pit of the stomach, which sometimes obstructs the breathing, but which is relieved by bending the body forward. When the pain partakes of a marked tensive character, and extends to the region of the navel, and there is extreme sensibility in the region of the stomach on external pressure, with shortness of breath, anxiety and nausea, Stann. will be found more appropriate.

Plat., for spasms of the stomach in females, occurring particularly at the monthly period and especially when the catamenia at the same time are generally very copious and of too long duration.

Inflammation of the stomach, see "Inflammation of the bowels."

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## CHAPTER X.

### AFFECTIONS OF THE ALIMENTARY CANAL AND URINARY AND SEXUAL ORGANS.

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#### GRIPING COLIC.

Compare what has been said on this subject in Chapter II. and IV., Part I., when griping colic is caused by taking cold, after suppressed perspiration or disordered stomach, and read at the same time the foregoing chapter. If colic is brought on by pretended medicines, or poisons, see page 76 and the

following pages, and if it occurs in females during the time of menstruation, the proper remedies are given in Chapt. IX. under the proper head.

Cham. very frequently answers for children, also for grown persons, when, besides the symptoms given under the head "pain in the bowels" page 10, blue circles appear under the eyes, when there is much saliva in the mouth, tearing pain around the navel, and a feeling in the small of the back, as if it were broken; if Cham. does not answer, give Puls.; Cham. is also suitable for wind pent up in different parts of the abdomen, with a sensation as if it were going to escape there; stitches in the breast; swelling under the ribs and in the pit of the stomach; much agitation, uneasiness, and clammy perspiration; at the same time, rattling and rumbling in the belly, disposition to evacuate with small, slimy, watery secretion.

Nux vom., when there is no evacuation, or the secretion is very hard; a sensation as of a weight in the belly, with rolling and grumbling, and uncommon heat; the pains are pinching, drawing, compressing, as if the intestines were pressed by a stone in different parts; oppression in the pit of the stomach; the belly is painful when touched and is tight; the breath is short and difficult — a general feeling of distention, the parts under the ribs feel as if stuffed; during the most violent paroxysms of pain, the hands and feet are cold, sometimes the patient is deprived of consciousness; colic and flatulency deeply seated in the abdomen; a strong pressure on the bladder and rectum as from a blunt knife, as if cutting wind were forcing a passage, the pain makes the patient double himself up; worse at every step. See Bell. Better when at rest, when sitting and lying. Generally attended by violent headache and pain in the small of the back. A number of these complaints are attributed by ignorant persons to some obstruction, which they think must be removed by

aperient medicines; refer to what has been said on "constipation."

Merc. viv., for violent, twisting colic; the region around the navel is hard, a jerking pain externally on the belly, which is inflated and hard; crawling in the throat, hiccoughing, voracity, aversion to sweets; nausea, with water rising in the throat, straining to evacuate, secretion of slime, great debility; worse attacks of colic about midnight — if Merc. viv. does not quickly relieve the patient, and the above symptoms are attended with itching of the nose, give Chin.; if this does not effect a complete cure, give Sulph.

Puls., when there is a stinging pain in the bowels, with throbbing in the pit of the stomach, a disagreeable tightness in the abdomen, as if it were too full; growling and rumbling, the wind cannot be got rid of; irritation and heat in the belly, which is inflated; general heat, the veins on the hands and forehead are swelled, the patient is forced to take off his clothes on account of the heat and tightness, the abdomen pains as if bruised when touched; all the symptoms are worse when lying down, somewhat better when walking about; when rising, the small of the back aches as if bruised; also, while the pinching, cutting pain continues, worse when touched, tearing and shooting pains above the navel; uneasiness, heaviness in the belly, with painful tension, when touched it aches; weakness of the stomach, white, frothy saliva in the mouth, diarrhœa; yellow, gray secretion, with violent pains in the stomach, pale face, blue circles around the eyes; (compare with Cham.) the whole body is contracted, (compare with Nux vom., Bell.) pressing, tensive headache; when caused by an overloaded stomach, first give coffee without milk, and afterwards, if necessary, Puls.; if that does not cure the complaint, give Bell.

In cases like the last mentioned under Puls., the bladder sometimes is affected, the patient feels violent pains, the parts in the region of the bladder are drawn in as if from spasms,

with a constant inclination to make water — the urine, however, does not pass; at the same time there is nervousness and uneasiness, the abdomen being excessively sensitive; give Acon. once or a couple of times, and afterwards, if necessary, Nux vom.

Coloc. is the principal remedy for colic. When the pains are very violent, constant, or merely ceasing for a short time and then recommencing again with great violence, you may always give Coloc. as the first medicine. It suits, particularly when the most violent pain, about the navel, is confined to a particular small spot, when it returns periodically every five or ten minutes, (compare with Bell.,) when it commences with a slight drawing pain tending towards the centre, which increases, and at last changes to a jamming, pressing, rooting and tearing pain, so violent that the patient cries and shrieks aloud, twists like a worm, is covered with perspiration, presses the abdomen with his hands, pushes furiously against the bedposts or corners of the tables, &c., lies on his face and places pillows under himself, and thus, at last, gets some ease.

For colic, arising from great irritation of mind, if Cham. proves inefficacious, give Coloc.

Persons who have previously suffered from these attacks during whole days, or periodically, and have taken laudanum, which, no doubt, will cause the attacks to return, may, when they feel the least symptoms of an attack, take Coloc. Particularly when the former attacks have weakened the intestines, which feel as if every part were bruised, and were hanging on thin threads which might break, at every step. In all such cases for which Coloc. suits best, persevere with this medicine. If the first dose does not give immediate relief, wait no longer than one hour; if the complaint gets worse, give, after a few minutes, coffee without milk, no more than a teaspoonful at a time, which may be repeated as long as it alleviates the pain; if it grow worse again, give another dose of Coloc., alternating with the coffee. When the coffee is of



no use, give Coloc. until the pain ceases. As long as the pain can be borne give nothing, only when it gets worse. If, upon taking one globule of Coloc. the pain no longer increases, but there is a slow improvement, dispense entirely with the coffee, and, if possible, let the medicine operate for a couple of weeks. The second dose generally proves efficacious, almost always the third; in the worst cases I never found it necessary to give any more. For remaining symptoms give *Caut.*, once in the morning and once in the evening.

When the patient has, unfortunately, taken laudanum, a drug most injurious in this complaint, although very usually taken, give coffee first and then Coloc. If that does not answer, try *Cham.*, and then again Coloc. There are, however, some cases of violent colic, where Coloc. produces no effect, and where one of the following remedies must be given, particularly Bell.

Bell., when, during the pain, a thick, sausage-like swelling protrudes across the belly, and when bending over, or when pressure upon it relieves the pain a little; when it is griping and bearing down, as if the intestines were about falling out, the symptoms getting worse when the patient is up and walking about; particularly when the secretion is thin and mattery. In the latter case, *Merc. viv.* frequently removes the remaining symptoms. Bell. suits, generally, when the face turns very red, the blood rises into the head, the veins are swelled, and the pains so violent that the patient is almost distracted. Also, for pains under the navel, when there is a griping as if produced by taking hold of the part with the finger nails. Sometimes it is accompanied by pains in the small of the back, for which Bell. suits also. See this article.

Cocc., similar to the pains described under *Nux vom.*; particularly when there is a contraction in the abdomen with a downward and outward pressure, attended with some nausea; or when wind is discharged without giving relief, because it is constantly collecting again (*vide Cham.*) in differ-

ent parts, and giving pain; also, when wind inflates the upper part of the belly and stomach with rattling and jamming in the stomach, and pressure under the ribs, all of which symptoms disappear as soon as the wind passes upwards.

Chin. answers for flatulent colic, resembling that described under Cham. and Cocc.; when the intestines are first contracted in the lower part of the abdomen, and press outward with oppressive and tensive pain, with tension under the short ribs, and agitation, particularly when the colic begins in the night, in debilitated persons, or after heavy sweats, or in females who are nursing.

Ign. frequently relieves the colic when it awakens the patient out of his sleep, when shooting pains go into the chest and sides, when the wind is discharged with much difficulty, after which the pains moderate; it suits often for sensitive females. When this complaint commences in the evening, and the flatulency causes nausea and vomiting, Puls. is better.

Colic, preceded by a bitter taste, a coated, yellowish tongue, much thirst, which, as the saying is, is caused by bile, attended sometimes by vomiting, or bilious evacuation, may generally be cured by one or two doses of Cham.; in very bad cases, by Coloc., and when these remedies do not suffice, by Sulph.

### FLATULENCY.

Flatulency or wind in the bowels often causes colic, the remedies for which have already been mentioned. When it does not cause violent pain, but heat, uneasiness; when it inflates the abdomen, interferes with the breathing, as is frequently the case after taking flatulent food, beer, &c., or when water has been drunk after eating fat meat, give Chin.; afterwards, to choleric persons, Nux vom.; to quiet, mild tempered persons, Puls.; if caused by pork, also, Puls., when Chin. does not give relief. If it returns often, give Sulph.; if this also fails, send for a homœopathic physician.

INFLAMMATION IN THE BOWELS AND  
STOMACH.

The treatment of this disease by domestic remedies, is as injurious as that of the common physicians. It is impossible to provide here for all cases, but it will always be better to go by the rules here laid down, than to resort to violent treatment. If a homœopathic physician can be had, it is always better to consult him.

An inflammation of this kind may be supposed to exist when a burning, sometimes a stinging or tearing pain is felt in any part of the abdomen; which is very tender when pressed upon, and aches at every motion or movement, such as coughing, sneezing, laughing. The part is sometimes tight and swollen; when it is near the breast, it produces difficulty of breathing, particularly when inhaling; it is mostly accompanied by vomiting or eructation, *which gives no relief*—also by constipation. The latter symptom induces many to take aperient medicines, which, in this case, are absolute poisons; the former, to take emetics, which may cause death. The abdomen should be left perfectly undisturbed; give water to drink and at most, from time to time something mucilaginous—nothing else whatever; the longer the constipation lasts the better. When the patients are recovering, and begin to eat, the evacuation will recommence of its own accord. I have seen most dangerous cases, where no secretion took place for fifteen days, and the patient notwithstanding recovered and regained his strength.

Besides the above symptoms, there are the following: the face is pale, bluish, sunken; there is violent fever, but a weak pulse, the mind dejected and agitated. When the disease is at its height, the vomiting is very violent, and the pain also; the patient is very weak, the arms and legs grow cold, he begins to hiccough, and the abdomen is distended.

When the disease attacks the stomach, the pain is generally in the pit of the stomach, extending under the ribs and to-

wards the back, or through the abdomen; eating and drinking are immediately succeeded by vomiting; with violent thirst there is sometimes an aversion to water. When the seat of the disease is in other parts, the pain may be felt there, the belly is hot, and the vomiting comes on sometime after the food has been taken.

In all these cases, give, during the first days of the disease, Acon., and repeat every hour; as soon as there is any improvement, wait until the symptoms grow worse again; if it ceases to give relief, select another from the following remedies:

When the pains are worse in the front part of the abdomen, and extend to the left side under the ribs, whence they spread along the ribs toward the back or the abdomen, with swelling in the region of the stomach, great agitation, much vomiting, which increases the complaint, the vomiting may be arrested by Ipec., which, if it proves efficacious, may be repeated; when the tongue is coated, very white or yellowish, it is better to give Ant. crud. once or twice. If a disordered stomach was the first cause, Puls. or Nux vom. may be given. When the pain or the fever is very violent, and the complaint is caused by taking cold, particularly by drinking cold water when the patient has been overheated, give immediately after Acon. or Ipec., Bry., which may be repeated as often as the symptoms are worse again; when it ceases to be efficacious, give Nux vom. When the patient seems stupefied, or speaks unconnectedly, or is not aware how sick he is, give Hyosc., and repeat it several times, as often as necessary; if it does not give relief, give Bell., and wait a day, if possible. If the extremities become cold, and the patient is evidently sinking, the face becoming very pale, or otherwise much altered, give Verat. in repeated doses; if this proves unavailing, Ars., which can rarely be given more than twice. After Ars., Acon. may in many cases be given again, and



then once more *Ars.*, giving them in that manner alternately. If *Ars.* makes the complaint worse, give *Nux vom.*

When the pain is worse on the left side, under the ribs, whence it extends downward, the complaint is generally in the beginning connected with vomiting of blood. If the fever is very violent, give *Acon.*, but before the attack has time to grow much worse, *Chin.*, and a globule of it as often as the pains increase. This is of service in most cases; only in those where it does not suffice, give afterward *Arn.*; particularly when a pressing, shooting pain continues, which takes away the breath — or when there are symptoms resembling those of nervous fever; the patient lying quite indifferent or stupid, does not feel the extent of his sickness, and insists that there is nothing the matter with him. In many cases *Nux vom.* may afterward be given, when constipation and pressure on the stomach continue for a length of time without any general improvement. When with constipation there is an acute pain, which increases with every motion, give two doses of *Bry.*; but when there is diarrhœa, with a discharge of much blood, without alleviating the pains; when they are particularly burning, and the patient is weak, give *Ars.*; if the case is worse every other day, give *Chin.*, once when the sick day is over, and once again at its commencement; if this does not prove useful, give, after some days, *Ars.*

When the pain is more under the ribs on the right side, toward the front, passing up or down, give one of the following remedies:

When the pain is dull, and not increased by external pressure, nor by turning or inhaling, and it is combined with pressure on the stomach, tension under the ribs, difficulty of breathing, a yellow tongue, bitter taste, yellowish skin and paroxysms of oppression and inquietude, *Cham.*; when these paroxysms become more frequent, principally during the night — if attended with green, slimy diarrhœa — also sickness of the stomach, give *Puls.*; if, on the contrary, the bowels

are constipated, the skin less yellow, but the chest more affected, give Bry. Of these remedies give two or three globules, and after half an hour, if no improvement has taken place, give another globule.

For pressing pain, which does not allow the patient to lie on the right side, with bitter taste in the mouth, more thirst than hunger, constant chilliness, very yellow skin and eyes, give Merc. viv., sometimes alternately with Bell., or, in critical cases, with Lach. When the pressing pains extend to the cavity of the chest and the shoulders; when the pit of the stomach is swollen, with tension above the navel across the abdomen, with difficulty of breathing and nervousness; when the blood at the same time rises to the head, with dimness before the eyes, and giddiness almost to fainting, frequently accompanied by violent thirst, uneasy tossing about, sleeplessness, give Bell., which may be repeated in a couple of hours, if no improvement takes place; if not better the next day, give Lach. also in two doses, and as often as the complaint gets worse again; when Lach. ceases to operate, give again Bell., or another of the prescribed medicines.

For acute pain, sometimes attended with throbbing and stitches, the place affected being very sensitive to the touch, sour or bitter taste, nausea or vomiting, oppression and shortness of breath, as if the clothes were too tight, while the removal of them rather aggravates the sensation than otherwise; thirst, red urine, oppressive headache, give Nux vom., and if this does no good, the stinging pains continuing, give Sulph. In every case where these remedies afford no immediate or only partial relief, give Sulph.; and if there is no relief six or twelve hours after, another dose — after which, allow it a week to take effect. If worse every other day, give Chin., as prescribed for pains in the left side.

When the pain is more in the abdomen, in the middle or lower part; when it is aggravated by motion or pressure, and the most painful spot is swollen, give Acon., to be repeated

after three or four hours, if the improvement is only temporary. If this gives no relief, and the abdomen continues to be sore when touched, give Lach., to be repeated an hour after; if this fails, give Bell. In some cases, Hyosc., Bry., Nux vom., Ars., and sometimes Merc. viv. may do good — the latter particularly after Lach. Refer to what has been said of these medicines in this chapter.

All aperients ought to be carefully avoided in this complaint; it is always attended by violent constipation — the longer this lasts, the sooner will the patient be restored to perfect health; if he takes cathartics or emetics, he may die in consequence, or they may produce a tedious malady which is difficult to cure. In this complaint it is, therefore, a good sign when the bowels are constipated, and a very bad sign when the secretion becomes thin, and worse when it passes involuntarily. Even in this dangerous stage of the disease, Hyosc. may sometimes save the patient — repeat it in two or three hours, if he does not feel better; after which, if he does not grow decidedly worse, give no more, and await the result.

Little children are frequently subject to attacks of this kind: when the pit of the stomach and the parts under the ribs become distended by pain in the abdomen, give Merc. viv. or Cham. once or twice. See “Diseases of Children.”

#### DETERMINATION OF BLOOD TO THE ABDOMEN.

A troublesome sensation of heat and burning in the stomach, attended with hardness, tension, a dull pain, and symptoms as if arising from a surfeit without any excess having been committed; to which hypochondriacs, persons who are of sedentary habits, or who have the piles, are liable. The principal remedy is Sulph. If accompanied by pains in the small of the back, with a great feeling of weakness in that region, rendering it almost impossible to walk, give Nux vom.; if the evacuation is soft, trifling, slimy, watery, give Caps.; if connected with great weakness, Ars. For other

remedies, see "Piles." Besides the above, the following remedies answer in this complaint: Bell., Verat., Puls., Bry., Cham., Rhus.

## W O R M S.

Many complaints are ascribed to worms which arise from very different causes. When children have been fed upon pap, cakes and similar things of a hurtful nature, or when the mother, whilst nursing, overloads her stomach with meat, fish, salted and fat things, particularly with pies, the children must necessarily become sick in consequence, or a predisposition to sickness be induced. When, besides this, the children are dosed with vermifuge, injections, purgatives, &c., the worms cannot fail to prosper and increase.

When children are supposed to have worms, the first thing to be looked to, is a rational mode of living, by which means the worms will soon diminish, and if symptoms of the complaint remain, the remedies will afterwards prove the more effective. Most persons are by far too much afraid of these little animals, which are not nearly as noxious as the remedies usually prescribed for them, and particularly as the nostrums puffed in the newspapers. Good natured persons believe these things, and pay for the trash, when, if they knew what they or their children were swallowing, they would rather pay twice as much to keep it out of the house, to say nothing of their bodies.

It is true, these things sometimes kill the worms, but too frequently they kill the children also, or affect the abdomen in such a manner that the consequences appear many years after. First, it is to be considered that all children have worms, sometimes before they are born, and that it is frequently a sign of a dangerous disease when these worms pass off themselves; secondly, that what these worms subsist upon in the body is more hurtful than the worms themselves. Almost all the symptoms attributed to worms may arise from



some general disease in the system, which has a tendency to increase them, especially if aided by an unwise mode of living. When they have thus become very numerous, they cause different complaints, which, joined to the symptoms of the original complaint, sometimes become dangerous. When the worms are expelled, the symptoms which they gave rise to, of course disappear, but the real disease increases.

Sometimes diseases subsequently make their appearance which are worse than the first, although slower in their operation, and perhaps not manifesting themselves until the tenth or twelfth year. Expelling the worms is of no essential use. The remedies here prescribed will frequently cure the disease itself, and if there are really too many worms, which is but rarely the case, will remove them also. Children who have worms should have enough to eat, but not too much bread, and few or no cakes or pies, but rather a good deal of ripe or cooked or dried fruits, and, in particular, carrots.

When you are not certain of the existence of worms, and the child becomes emaciated, and vomits frequently, give first *Ipec.*; but when the tongue is coated, *Carb. veg.*; if this has no effect, *Puls.*; if the child has been much troubled with diarrhœa, or has taken much aperient medicine, give *Chin.*; when the bowels are constipated, *Nux vom.*

When the child sometimes passes worms, picks its nose much, and the belly is distended, give *Cin.*; which is one of the chief remedies for all complaints really arising from worms. For colic, caused by worms, with great inclination to vomit, when much water collects in the mouth, and the part around the navel is hard, also when the whole abdomen is hard and distended, with frequent ineffectual straining to evacuate, or secretion of nothing but slime, give first *Acon.*; some hours later, *Cin.*; and if this be not sufficient, *Merc. viv.*, or *Sil.* In all complaints caused by worms, *Acon.* is of great use in the beginning, and if this and other remedies do not remove them, *Sulph.* is the best, particularly after *Merc.*

viv. These remedies generally effect a cure; only in cases attended with much thirst, sudden starting, and fright, Bell. also must be given. In very bad cases, Lach. a couple of times.

Persons troubled with *tape worm* — discharge joints of this worm from time to time; these pieces are nearly square, quite flat, about as broad as the little finger. There is no reason to suppose the presence of tape worms, except there is a discharge of pieces of this description, which generally pass away about the new and full moon.

Take, when the moon is waning, two mornings successively, Sulph.; at the next full moon, Merc. viv., and eight days after again Sulph. twice; repeat this several times. Very frequently the tape worm is discharged after taking a few doses of Calc. If this, however, does not cure, apply to a homœopathic physician.

### ASCARIDES.

For *ascarides*, the small worms seated in the anus, see "Itching of the anus."

### ITCHING OF THE ANUS.

When internally or externally, worse when sitting, moving; if worse after taking stimulating food and drinks, with pains, or dry piles, or moist and bleeding piles; when the patient is costive, when caused by strong liquors, beer or coffee; or in people who lead a sedentary life, in pregnant females; when caused by ascarides which may be discovered moving about in the sphincter and upon drawing it apart, give Nux vom. in the evening.

When it arises from ascarides, and where Nux vom. does not answer, when children are very uneasy during the night, and have fever, give, in the evening or during the night, Acon., and if this be ineffectual, Ipec. in the morning. If the children are again troubled in this way, particularly after

every full and new moon, give, when the moon is full, Sulph., and Sil. when it is new. Should there be no improvement, give the same medicines in water, one teaspoonful for seven successive mornings. If the complaint return at the next full moon, give Calc. in the same manner as Sulph. is directed to be given. Let the children eat no pork, and as little pastry and cakes as possible. If there should be no relief notwithstanding, give Ferr. every other morning; if diarrhœa makes its appearance, dispense with the medicine, and if the diarrhœa continues, give Chin.

Whilst the children are taking the above remedies, (Sulph., Calc., Sil. and Ferr.,) nothing else is to be given; at most, when they have some fever, Acon.; if this does not remove it, they may smell camphor. Sweet oil, also, may be rubbed into the anus, or take a piece of bacon, cut it of the size of a little finger, draw a thread through it a couple of times, and introduce it into the anus; after about ten minutes, take it out again. If this gives no relief, give small injections of cold water every evening. Applications of this kind do not disturb the operation of the remedies. When, however, all these means prove abortive, which may be the case with some children, in whom it is hereditary, try small injections of salt water, and if these fail, or cause diarrhœa, small injections of water and some vinegar. Lemon-juice has often proved efficacious in allaying the itching, by applying it once or twice a day. The eating of asparagus, when this plant is in season, which is the time when the worms are most troublesome, has been found advantageous.

The best remedy, however, for children, is to give one drop of the tincture of *Urtica urens*, every morning for several days.

When the itching is caused by piles, by swollen, red, blue tumors in the anus, give the following remedies. When, besides itching, there is a burning and pricking sensation, the anus so contracted that the natural discharge is made with difficulty, at the same time dull shooting pains and jerking in

the small of the back and around the anus, at every motion a pain in the small of the back as from a bruise, making the patient cry aloud, and causing him to walk or sit stooping, give *Nux vom.*, or after a day or two, *Ign.* twice.

When, besides itching, there is a pain in and around the anus and soreness, with stitches; if it itches, burns, the tumors feel moist, when the anus always feels as if too full and heavy, or if it protrudes entirely; constant straining to evacuate, or thin diarrhœa mixed with blood, with violent stinging pains in the small of the back, stiffness in the small of the back, or feeling of contraction, give *Sulph.* morning and evening for several days; and if this does not cure it, give *Acon.*, and should it also fail, let the patient smell camphor.

### HEMORRHOIDS, OR PILES.

This is a disease which consists principally in the discharge of small quantities of blood at the anus every four or six weeks, preceded by more or less indisposition, and followed by a feeling of great relief. Very often other and more dangerous diseases are prevented by this complaint. Frequently the symptoms which precede the discharge, are very troublesome. Sometimes the discharge stops entirely, or too little blood is passed; sometimes so much is discharged that it becomes alarming; tumors are frequently formed in the anus, which become very painful, particularly when no blood is discharged. Sometimes the complaint affects other parts, when it has dangerous consequences. For all these symptoms medicine should be taken, and the manner of living be such as to prevent the disease from assuming a more malignant character. The patient should not sit much, particularly not on very soft cushions, except during the time the tumors protrude. He must avoid all ardent spirits, strong beer and coffee; drink much water, and take plenty of exercise.

The doctors of the old school, not knowing how to cure these piles, have thought it best to cut them off. This is not



a very difficult operation, and every one can perform it who has the proper scissors; nor is the pain very acute — but it is very unwise, and frequently attended by dangerous consequences. Sometimes the bleeding consequent upon it can only be stopped by cauterizing, or creosote, which causes incurable ulcers. At all events, the cutting off of the tumors is of no use but to suspend the pain for awhile, as the same tumors grow again immediately, only higher up in the rectum, where the pain is, of course, more violent, and where it is more difficult to cut them, in attempting which, the rectum is frequently incurably injured; if the operation is repeated, they grow still higher up, and then these operators are at a loss. The patient is in a worse condition than before, and is then left to his fate. The homœopathic physicians, on the other hand, possess medicines by which they cure these tumors without cutting at all; but the more frequently the patient has already been operated upon, the more difficult it is to cure him, for the disease has thereby become much more obstinate.

Washing with cold water, and injections of half a pint of cold water, once or twice a day, are good, when the piles do not bleed; when they bleed, these means should not be resorted to, as they may suppress the discharge. When they bleed too copiously, the water may, perhaps, be applied, without, however, neglecting to take the prescribed medicines. Great care must be taken also in giving the injections; the water must not be too cold, the point of the syringe must be of wood, not too thin, and widening towards the end which must be nearly as thick as the point of the little finger; before introducing it, it should be first covered with fresh sweet oil, or with nice beef or mutton suet; introduce the pipe by slowly and gently turning it, then press the piston, whilst, with the other hand, you take hold of the syringe near the point, to prevent it entering further into the anus. When the tumors on the anus are too painful to allow of injections,

apply a sponge which has been dipped into cold water. Moistening the tumors with saliva is very useful, but this must not be done immediately after meals, nor after smoking tobacco; persons who chew tobacco, or who have ulcers on the mouth, should not try it. When the tumors do not bleed at all, and are very painful, when a little while after applying cold water they always get worse again, put some boiling water, or water in which wheat bran is boiled, into a close-stool pan and sit over the steam. Sometimes mucilaginous substances are of use, particularly an emulsion of quinces, made of quince-seed soaked in water.

The medicines are, however, chiefly to be depended upon. When there is intense itching in the anus, see under "Itching in the anus." If the piles have caused colicky pains, give the remedies recommended for colic, among which, the principal are Puls., Nux vom. and Coloc. Puls. mostly for females, Nux vom. more frequently for persons who drink ardent spirits and are of a sedentary habit, Coloc. when the pain is very severe. Refer to "Determination of the blood to the Abdomen."

Acon. frequently gives relief when blood is discharged, and there are shooting pains and pressure on the anus, the abdomen feels too full, with tension, pressure and griping; the small of the back, as if broken or bruised.

Nux vom., when there is a burning, pricking pain in the tumors, the symptoms resembling those mentioned under "Itching of the anus"; when much light colored blood is discharged after evacuation, or where there is a constant disposition to evacuate; also, in constipation, and during pregnancy. If it does not suffice, give Ign., and afterwards when the complaint returns again, Sulph.

Puls., when blood and mucus are discharged with the fæces, with painful pressure on the tumors; pains in the back, pale countenance, disposition to faint. If it does not suffice, Merc. viv., and afterwards Sulph. sometimes answer in these cases.

Caps. answers when the tumors are much swollen, the blood passing with burning pains, with the secretion of slimy blood, when there is a drawing pain in the back and in the small of the back, and cutting pains in the bowels.

Ign. answers for violent stitches passing upwards, with itching and crawling, when much blood is discharged, or the rectum protrudes considerably during evacuation; or when after evacuation there is painful soreness and contraction, particularly when accompanied by ineffectual straining to evacuate, or a discharge of blood and mucus.

Cham. answers when the blood flows freely, with contracting pains in the abdomen, frequent straining to evacuate; occasional diarrhœa, particularly when attended with smarting and burning, with tearing in the small of the back, especially at night.

Ant. crud. is frequently of service when mucus is discharged from the anus, which stains the linen; in some cases it may be given alternately with Puls.; when this mucus causes a burning pain, Carb. veg. is still better, particularly when accompanied by bleeding of the nose, and great determination of the blood towards the head.

Carb. veg., when the discharge of blood causes a burning pain, and the patient is very weak; if it proves insufficient, give Ars., or if the symptoms get worse again, give both alternately.

Sulph. is one of the principal remedies as well for bleeding as for blind piles; it answers particularly when there is constant ineffectual inclination to evacuate, or after thin discharge mixed with blood; when there is an acute, sore pain in the anus, internally and externally; when the tumors burn, are moist, protrude considerably, and can only be pressed back with difficulty; with violent shooting pains in the back, and in the small of the back, stiffness in the small of the back, with a feeling of contraction; also, when passing water produces a smarting pain.

To a person who has already taken much sulphur or Harlem oil, by which many patients suffering in this way injure themselves, give first Merc. viv., and after five or six days, Sulph., morning and evening; but if much calomel and sulphur have been taken, give Lach. first, once or twice; and if the symptoms get worse again, Merc. viv., and then Sulph., sometimes alternately with Sep.

Bell., when the blood flows, but with intense pain in the small of the back, as if it were breaking; if it proves insufficient give Hep., and if this does not effect a complete cure, four or five days later, Rhus. These remedies should be taken only twice, that is, in the evening and morning, or in the morning and evening.

When the discharge is excessive, take Acon.; if this does not stop it, and it continues to flow like a hemorrhage, do not wait long but give Ipec.; and if this does not prove efficacious in ten minutes, give Sulph., and then again Acon.; if it does not then stop, give Bell., and then Calc. When after any one of these medicines the discharge abates somewhat, take nothing more. If it grows worse again, take the same medicine again, and only when this loses its effect, take the succeeding one. If the patient is already very weak, let him take Chin. in the interval.

The above remedies are only for cases of exigency, though sometimes they will radically cure this tedious complaint; if they do not, apply to a homœopathic physician, or send him an exact description of all the symptoms.

### DIARRHŒA.

This complaint frequently arises from causes pointed out in the first part of this work — for instance, from sudden fright, from fear, from vexation, from taking cold, from heat, from a disordered stomach, or after burns or scalds.



Most persons are to this day impressed with the erroneous idea that diarrhœa is a cleansing necessary for the recovery of the patient. It is true, that some diseases terminate in a diarrhœa, but it is, also, the commencement of other diseases and must always be considered a morbid state of the functions. The mistaken sensation of relief and weakness after purging or after artificial diarrhœa, is, by many persons looked upon as healthy and agreeable, merely because they have previously been in a different and opposite state of disease. Thus, many consider the excitement consequent upon drinking brandy or strong beer as healthy, because, they feel uncomfortable without it, whereas they are, in reality, in a more unhealthy condition, whilst they imagine themselves better. Persons who think that they cannot remain in good health without aperient medicines or artificial diarrhœa, should, when they feel constipated, try first the medicines pointed out under constipation, and they will find that the latter frequently cure without causing any diarrhœa. Persons who have a natural or artificial diarrhœa, however, should not stop it by artificial means, such as wine, brandy, and the like, but should let it take its course, and use those medicines which will effect a cure in a natural manner. Astringents are not always dangerous, but very frequently so, particularly to children and aged persons, or to individuals who are suffering from another complaint.

When the consequences of suppressed diarrhœa make their appearance, they are called dyspepsia, liver complaint, &c., and the worst of it is, that they cannot be so easily removed. To believe, however, that suppressing the diarrhœa is only dangerous, because it prevents impurities from escaping, is also a mistaken idea. Suppressing a diarrhœa is only dangerous because it is changing one disease into another—and because we cannot know what that second disease will be; generally, it is a worse one. Most of these impurities exist only in imagination; as to the artificial pro-

duction of such impurities, refer to what has been said under "Constipation." If, however, there are real impurities in the body, they will be discharged much sooner with the natural secretion than during a diarrhœa, which, in fact, always leaves impurities behind, and which the natural secretion afterward has to carry off. When the secretion is costive and hard, nothing can remain in the intestines; a fact so evident that every one can understand it. The intestines are a tube, which is first narrow and widens gradually. It is not a hose, as attached to a fire engine, where it is necessary to apply pressure at one end, in order to force the contents out at the other; it is not a dead tube but a living one, which is in constant activity; this activity, when regular, allows nothing to remain—only when it is irregular, or when it ceases, can this be the case. In diarrhœa, particularly when produced by aperient medicines, this action is very irregular and hurried in the attempt to rid the body of the poisonous purgatives—which, when accomplished, leaves the intestines, of course, very weak and relaxed. If the purgative were not a poison, it would not purge at all, for only such things as the body cannot suffer but ejects, act as aperients. The poisonous effects of these medicines become most evident when they remain in the body; for when the body has not the power to reject them, they show their whole force as a poison. You will be told that it is the disease which produces these symptoms, but do not believe it—it is false. More persons die of magnesia or castor oil, and more children of rhubarb, than of arsenic, of which every one is afraid. With costive evacuations the action of the intestines is greater, or the excrements could not be ejected—and, consequently, nothing can remain behind—for the hard excrements always fill the intestines completely, which is never the case in diarrhœa. When the action of the intestines stops, it is true, all remains stationary; but it can easily be excited again, as has been shown under "Consti-

pation." Doctors who dissect thousands of bodies, almost always find impurities in those who have had diarrhœa, but never in those who have been constipated.

When thin evacuations relieve a patient who is suffering from some complaint or other, wait awhile before you give medicine — and not unless it continues, select from among the following remedies, according to the symptoms:

If children, whilst teething, have diarrhœa, do not interfere with it immediately, but wait a couple of days, if they do not otherwise complain. At the commencement of a diarrhœa, all acids, coffee, tea, and every thing salt should be avoided; fruit, fresh or dried, eggs and chickens, also, are injurious; nothing but mucilaginous food is to be taken — oatmeal, rice, hominy, &c. If the appetite is good, the patient may take mutton broth, thickened with either of the above grains; milk, fresh from the cow, is also good, if the patient is fond of it, but it ought not to be taken in too great quantities, lest it should aggravate the diarrhœa.

Ipec. when there is screaming, tossing, uneasiness, much saliva in the mouth, the abdomen distended — sometimes ineffectual straining, frequent small yellow stools, with pains in the rectum — or thin mucus, frothy, fermenting evacuations of a very offensive smell; at the same time weakness, an inclination to lie down, drowsiness, a pale face, blueness under the eyes, coldness, irritability, an irritable disposition. When Ipec. does not answer, or answers only partially, give Rheum; when the secretion smells sour, it is better to give the latter medicine immediately.

Cham. particularly for infants when they cry and are uneasy, want to be carried constantly; or for older children, when they are irritable, cry as if crazed, and twist and writhe; when infants draw up their legs; when the belly is tight, hard — very frequent evacuations, which are mostly slimy or watery, or green and brown, or undigested, smelling like rotten eggs; at the same time rolling in the bowels, no appe-

tite, thirst, the tongue coated, frequent eructations and retching. Cham. is the appropriate medicine also for grown persons, particularly when the secretion is green, watery, hot and offensive; a bitter taste in the mouth, bitter eructations, bilious vomiting, fullness of the pit of the stomach, griping and headache.

Puls. for diarrhœa with pap-like secretion; or when it is liquid, offensive, making the anus sore — a burning pain, loathing, nausea, disagreeable eructations, griping, more frequently during the night. For pap-like diarrhœa only occurring after midnight, preceded by pain in the bowels, which ceases after evacuation, give Rhus. Puls. is also useful in slimy diarrhœa, when every stool is of a different color; if weakness follows, give Coloc., and if this causes disagreeable symptoms, give a little coffee without milk. If the slime is green, mixed with blood, attended with straining in the anus, give Merc. viv.

Merc. viv. for spells of screaming and writhing, with urging and ineffectual pressing — at the same time cold perspiration and trembling; the discharge green, watery and mucous, sometimes bilious, with some blood — at the same time great exhaustion — a sickly breath, as from fasting — no appetite, a disposition to vomit, and vomiting and diarrhœa at the same time; also for acrid diarrhœa which causes a burning and itching sensation.

Sulph. for diarrhœa which is so acrid as to occasion soreness of the parts around the anus, or to produce miliary eruptions; frequently accompanied by emaciation, or, in children, by a hard, distended abdomen; when every cold causes fresh diarrhœa, even after the other remedies have been taken.

Ant. crud. for watery diarrhœa with disordered stomach, the tongue covered and white; but when, at the same time, the anus is sore, with spasmodic pains in it and in the back — when every kind of food causes pressure in the stomach — when the eyes are very dull, and the face is sallow and pale,



give Ferr.; likewise in diarrhœas without pain. If a watery diarrhœa has continued for a long time, and other remedies prove ineffectual, give Phosph. acid., and repeat it often.

Rheum for sour, thin, slimy, fermented diarrhœa, (compare with Ipcc.,) common with children, who cry with pain in the bowels, or are uneasy and draw up the legs — saliva flows from the mouth, the face is pale, (if it is red, give Cham., and if this does not answer, Bell.); sometimes there is a sourish smell proceeding from the whole body of the child, which washing does not remove; if, in such cases, Rheum does not give relief, and the pain is very violent, give Cham., and if this does not suffice — the pain abating but the weakness continuing and the belly being distended, give Sulph.

Chin. not only for all diarrhœa in debilitated persons, but also in other cases — when, during the most violent pains, which are spasmodic, contracting and oppressive, quantities of thin brownish matter are discharged, sometimes accompanied by burning pains in the anus, with great weakness in the abdomen, rolling, flatulency and eructations. Frequently when persons awake during the night with these spasmodic pains, it gives instant relief, and prevents diarrhœa.

Bry. often answers in the heat of summer, particularly in complaints arising from drinking cold water, or from taking cold; or when the diarrhœa is caused by eating too much fruit, or by eating too much in general, likewise, when the diarrhœa occurs immediately after meals, is occasioned by sour-crout; also when mental irritation produces diarrhœa, and Cham. has failed to cure it.

Dulc. for diarrhœa which appears after taking cold, particularly in summer and autumn — worse at night, frequent evacuations, which are rather watery, attended by no great pain or by colic; if this does not give relief in six hours, give Bry., and repeat it after six, eight and twelve hours, once more. If attended with more weakness than pain — if it comes on

immediately after meals, the food being passed undigested, Chin. generally gives relief; sometimes Bry. or Rheum — to which refer; when attended with great weakness and pain in the bowels, give Ars., and if this does not soon give relief, Nux vom. When the food passes undigested, Ferr. is frequently useful; sometimes to be given alternately with Chin.; or Calc., sometimes even Merc. viv. For diarrhœa attended by great weakness, mostly Ipec., Verat. or Ars.; for diarrhœa without any pain, Ferr. is best. When diarrhœa and constipation come on alternately, as is frequently the case with aged people, Ant. crud. answers best.

For diarrhœa with females in the family way, and in confinements, refer to “Diseases of Women”; and for diarrhœa with children during summer, to “Summer Complaint”; among „Diseases of Children.”

### DYSENTERY:

When the secretion contains little or no fæces, beside the remedies here given refer, also, to those under “Diarrhœa.”

Give Merc. viv. when there is an urgent desire to evacuate, as if the intestines were being pressed out; after much pressing, a discharge of light blood; or greenish, broken-up looking matter mixed with blood, and after the evacuation more straining than before; in children accompanied with crying and screaming; infants, thus affected refuse to take the breast.

Acon., with tearing in the limbs, head, neck and shoulders; if a couple of doses do not suffice, give Cham.; in some cases, Puls., when slime is mostly discharged streaked with blood, or Rhus, which see under “Diarrhœa.” Acon. also answers when dysentery makes its appearance — when the days are excessively hot and the nights cold, with violent chills, much heat and thirst; if Acon. does not suffice, see what has been said under Bry., Nux vom., or Merc. viv., which answers here frequently.

Chin. when dysentery affects many persons at the same time in a marshy region, or where canals are being dug, particularly when the complaint is worse every other day.

Merc. s. is the chief medicine in dysentery occurring in autumn, particularly after Acon., when attended by much straining and colicky pains, where in the beginning much bile is discharged, and afterward blood and mucus; if there is improvement after the first dose, which does not continue, repeat the medicine; if it gives no relief, refer to the other remedies, particularly to what has been said here of colic and diarrhœa, under the head of Coloc.

Coloc. for extreme pain in the bowels, as if the intestines were jammed up between stones; the patient writhing, very uneasy, the discharge slimy, sometimes mixed with blood, the abdomen much distended, sometimes like a drum; a pressure as if the belly were full; shuddering in the abdomen, extending over the whole body; the tongue covered with a white mucus. Refer to what was said of Colic under Coloc.

Sulph. should be given in all cases where the other remedies give relief, but do not effect a complete cure.

Ars. when the evacuations have a putrid smell, when they pass involuntarily, when the urine becomes offensive, the patient loses his strength, becoming quite indifferent, his faculties benumbed, with a bad smell from the mouth; when here and there red or blue spots appear; also, when the patient tosses about in great agony, is unable to find rest, is preparing to die, &c.; when at the same time the breath is very cool, or when he complains of burning; when Ars. proves ineffective, after one or two doses, give Carb. veg. If Ars. made it worse, give Nux vom. When after Carb. veg. the putrid smell remains, give Clin.; and afterwards again, Carb. veg.; sometimes after Ars., Phosph. is the best remedy.

## CONSTIPATION.

The first observation we have to make on this complaint, and which many will consider problematical, is, that every one whose bowels are constipated, may congratulate himself that he has no worse complaint. Whoever has paid attention to the subject, must be aware that nearly all persons who are disposed to costiveness, live long and keep their strength, except when they injure themselves by taking aperient medicine. Those on the contrary, who are subject to frequent diarrhœa, are early in life debilitated and seldom grow old. No diarrhœa can appear where there is not some poisonous, noxious matter or morbid disposition in the body, while, on the other hand, much perspiration and the eating of animal food are sufficient to cause constipation. In regard to the notions of impurities remaining in the body, see what is said under "Diarrhœa." The very popular opinion that purging contributes to health, not only when the body suffers from sickness, but also occasionally, when it is in a healthy state, and that impurities are driven out of the body by it, is entirely erroneous and without foundation. It serves to keep up the sale of drugs, and it has been repeated for some years until it is almost universally received. It is a part of the traditionary medical creed of the world, and no one dares to doubt it. Physicians spread and encourage this idea, because their whole art consists chiefly in bleeding, purging, and giving emetics. This creed is the pivot upon which the whole of the old system turns, and patients, deferring to authority, must needs submit. When this erroneous method of treatment is prescribed with due confidence and solemnity, heart and purse, (but not always the bowels,) open and persons actually in sound health feel a downright longing to be properly scrubbed and cleaned inside.

Every one who will make the following experiment upon a horse, or upon himself, will be convinced that our opposition to purging is well founded. Let aperient



medicines be taken for a week, and, however good may have been the state of the health previously, at the termination of this period all sorts of impurities will be discharged, particularly after jalap and calomel. As this happens in every instance, either, to man or beast, and even to those who have never been ill, it is a proof that these impurities have been artificially produced by drugs. We are frequently able to judge from the nature of the secretion, what medicine has been administered. After salts, the evacuation always smells like rotten eggs; after drastic gums, they are thin and watery; after mercury, green, and after magnesia and rhubarb, generally sour, &c. When we inquire into the cause which produces this purging, we find that all poisonous substances have a similar effect, and that for this reason we may class the purgatives with propriety among the poisons. Some esteem them a real godsend, and imagine that these drugs have been created for this very purpose. It might as well be supposed, that the rattlesnake and the tiger are created to destroy us. But if we admit that these drugs are intended to be used as medicines, it is no reason, because we see them produced in great quantities, that we should make an excessive use of them. Virulent poisons, although given but in small portions, produce vomiting and purging, or injure the stomach; the less virulent poisons are called purgatives, merely because they do not kill immediately, but are generally rejected by nature.

Persons suffering from constipation, and seeking occasionally to be relieved, or suffering from other complaints connected with it, should take the remedies here prescribed. At the same time care should be given to the manner of living; moderation in the use of meat, which must not be eaten three times a day, is to be observed; a free use of things salted is to be avoided, mastication attended to, especially if teeth have been lost, the food eaten to be well cut up, and a considerable quantity of vegetables, fruit and bread to be taken with meat

— soup to be indulged in, tea avoided and all spirituous liquors and beer which contains narcotics — sour milk or buttermilk to be preferred, — despised as these things are, yet the cow gives us nothing more wholesome, both for children and grown persons. Persons, with whom constipation is a complaint, should also always eat fruit at dinner, and dried fruit in preference, or good ripe apples; instead of butter and cheese, they should use apple sauce or apple butter; they should not chew or smoke before meals, or should give up chewing altogether, which besides being a filthy habit, affects the saliva; finally, they should accustom themselves to drink a glass of water before going to bed.

Among the domestic remedies nothing can be recommended, except from time to time an injection. Many are unreasonably afraid of habituating themselves to this method of relief as a practice; but this is impossible when the other remedies are taken at the same time. The injections used should consist of nothing but water, and not be employed too frequently. To accustom oneself to purgatives is infinitely worse. The leather injection tubes, which are sold at Rademacher's Homœop. Medicine-Store in Philadelphia, are preferable to the syringes. They should be filled with water, before being introduced, and the water be allowed to enter by its own gravity, by lifting up the open end.

For other precautions in giving injections, refer to "Piles."

Injections, it is true, only relieve the patient for awhile, but in the mean time the cause may be removed by medicine, and the disease cured. Persons who have suffered a long time from constipation, which constantly returns, may sometimes be cured entirely by injections. For this purpose, let the water be as cold as it comes from the spring, about half a pint, or a coffee cup full at a time, and take the injection before going to bed in the evening. It should, if possible, be retained. Persons who continue this treatment for a week or two, frequently become quite regular in their bowels,

if they live rationally at the same time. Persons suffering from piles must not have recourse to this remedy.

Those who have no tube or syringe may take a pig's bladder. Introduce a cork into the natural opening, tie the bladder to the cork and bore a hole through the latter with a red hot nail, and through this hole fill the bladder with water; after this put into the hole a small tube, around which some tow has been wrapped, or a cigar-holder, or the end of a quill, of which the top has been cut off, then press all the air out of the bladder, and introduce the tube into the anus; gently press the bladder until a little more than half the water has been discharged. All other injections and all admixtures are injurious, except fresh boiled milk, which is sometimes preferable for children.

Another remedy is plenty of exercise, walking, particularly up hill, but without getting into a perspiration. Persons who are costive should be regular in attending to the calls of nature, the best time is in the morning before or after breakfast.

*Nux vom.* answers for persons of sedentary habits, and those accustomed to drinking ardent spirits, after eating too great a variety at once; after a surfeit, or when the constipation was preceded by a diarrhœa, or for suppressed diarrhœa, with want of appetite, disagreeable taste, the tongue coated, loathing, sickness of the stomach, tightness of the abdomen, pressure in that region, heat, stitches here and there, a feeling as of a weight, cutting pain in the lower part of the abdomen, heat particularly in the face, headache, disinclination to work, uneasy sleep, oppressed breathing, irritability and frequent complaining. When accompanied by moroseness, taciturnity, and after eating too many cakes, rancid butter, &c., give *Puls.*; when the patient is irritable and feels chilly, give *Bry.*

*Bry.*, particularly in summer, with such also as suffer from rheumatism; give a dose in the morning, and one in the evening, and await the result a couple of days.

Op., when there is an inclination to evacuate, but a feeling as if the anus were closed; there is no regular pressure; sometimes a sensation as if there were a load in the abdomen, throbbing in it, a pressure on the stomach, a dry mouth, thirst, no appetite. It may be given several times every three or six hours.

Lycop. is one of the most efficacious remedies in tedious constipation, especially when there is an ineffectual inclination to have a passage, with great difficulty to evacuate, accompanied by a great deal of rumbling in the bowels and distention of the same.

Plat. When, with much straining, only small portions are discharged, straining and itching in the anus, after evacuation a shuddering over the whole body, and a feeling of weakness in the abdomen, besides contraction, bearing down, oppression of the stomach, with ineffectual efforts to throw up wind.

Lach. for tedious costiveness, with the same kind of oppression of the stomach, and ineffectual eructation.

Merc. viv., when accompanied by a disagreeable taste in the mouth, when the gums begin to pain, the appetite not being affected, if Merc. viv. does not suffice give Staph.

Natr. mur. is of service in tedious cases, where each of the above remedies has failed, where there is no disposition whatever to evacuate; but when there is frequent disposition to go to stool, with ineffectual efforts, give Sulph.

### URINARY COMPLAINTS.

Urinary complaints, or painful, difficult and obstructed passing of water. Sometimes other complaints are the cause of this malady, such as venereal diseases, or chronic affections of the kidneys and the bladder, to which all are liable. In the last two cases you should consult a homœopathic physician, but the most violent symptoms which appear in the beginning may be alleviated by the remedies hereafter to be recommended; they will, at least, prevent a worse disease,



which is generally produced by taking medicine in large doses. If the symptoms are not the result of the above mentioned causes there is no difficulty in removing them.

The secretion of urine is so very important, that there is more danger when a day passes without making water, than a whole week without having a stool. Many diseases are also caused by not attending properly to the discharge of this secretion. No consideration in the world ought to prevent us from doing it as soon as we feel the inclination. Persons who are travelling in stages should make it a rule to attend to it as soon as the conveyance stops, even if they should omit taking a drink on account of it. It is inconceivable how persons of sense can, for the sake of a procession, company, &c., expose themselves to so much danger, when it is well known that many persons have died a most painful death, because, from false delicacy, they once deferred the performance of this act too long.

Going to stool may, without danger, be deferred five, twelve, nay, even twenty-four hours, but making water not an hour.

The second rule is, in answering this call of nature, to avoid places where there is any draught of air; — persons subject to urinary complaints should especially be careful on this head.

The third rule is to take sufficient time, neither pressing in order to discharge the urine too rapidly, nor stopping until the last drop is discharged from the bladder. It ought to be considered that the little time which is thus saved will be lost tenfold by being confined to a sick bed.

The fourth rule is to drink water often, particularly when less water than usual is discharged. Nor ought infants to be neglected under the erroneous impression that they are not old enough to drink cold water. The warm, sweet drinks, generally given to them, only tend to increase thirst.

When there is a diminution of the usual quantity of urine discharged, lasting for some time, it may be an indication of a disease which may suddenly become dangerous. Under

these circumstances, it is advisable to bathe the feet every day in tepid water, to take a good deal of cold water regularly, sometimes buttermilk, and by no means to have recourse to diuretics, particularly to gin. When there is an ineffectual inclination to discharge the urine, or pain attending the discharge, diuretics may become dangerous, as there are frequently some obstacles which prevent the discharge, and the more the medicines increase this inclination, the greater will be the pain. It is much better to try the remedies recommended below, as they frequently remove the obstruction. The application of cloths dipped in warm water is sometimes useful. It is true, there are many domestic medicines, herbs, for instance, which sometimes give relief, but they as frequently aggravate the evil. When there is simply pain in making water, burning, &c., take mucilaginous food, such as gruel, and eat nothing salt or sour.

The common cases, where there is a painful inclination to make water with a very trifling discharge, sometimes only single drops passing with great pain, the urine being quite red, dark and muddy, may generally be cured by Acon., particularly when this affection occurs in females and children; as often as it becomes worse, give another globule.

The remedy next in importance is Puls., particularly when the pain is worst in the region of the bladder, immediately over the bones, at the bottom of the abdomen, the pain oppressive and cutting, or the part becomes hot and red.

Frequently, and especially in children, a blow, kick or fall on the back or on the bladder, produces these symptoms; if so, give Arn., sometimes alternately with Acon.

Frequent desire to make water, but trifling discharge, accompanied by pain, the urine being of a dark red color; at the same time, shooting and pressing pains in the back, under the ribs, generally only on one side, on which the patient cannot lie; sometimes with pain in the bladder, and

fever and thirst; at other times, the testicle of the affected side is drawn up, or the thigh feels numb on that side.

When blisters have been applied, or cantharides (Spanish flies) have been maliciously administered inwardly, the smelling of camphor, or shaking some of it in water, and giving a few spoonfuls of the water, is recommended. The same treatment answers sometimes when the disease is caused by other poisons. In all other cases, give first Acon. and afterwards Nux vom., if it is occasioned by suppressed or checked piles, particularly when there is much tension in the back, between the ribs and hip-bones, with burning pain and pressure; Puls. may be given in similar cases, particularly when caused by suppressed or too tardy and insufficient menstruation; Bell. is better when the pain is more stinging — extends from the back to the bladder, is much worse by spells, with much agitation and restlessness, colicky pains — when this affords only temporary relief, give Hep.

For very great desire to make water, the stream of water being very small, especially when the effort causes the patient to break out in a perspiration, give Merc. viv., particularly when the urine is dark-red, soon turns muddy, and smells offensive. When the urine is acrid, making the parts sore, or when followed by a small quantity of blood, give it alternately with Hep. When the urine becomes sticky and gelatinous, and the pain becomes almost insufferable, Coloc. may also be given.

When, with constant violent urging to make water, and pain in the bladder, the region of the bladder is swollen and is painfully sensitive to the touch; when the pain is worse while voiding urine, which is sometimes bloody, or contains little clots of blood, give, of Acon., several doses, unless poison be the cause, in which case, administer camphor first; afterwards Acon. Nux vom., or Puls., which have already been mentioned, do good, sometimes Hyosc.

When neither urine nor fæces are secreted,—an occurrence not unfrequent with children, when the mother gives them the breast immediately after anger or fright; the abdomen of the child is distended at the same time, and aperient medicines are useless; in this case Acon. sometimes proves useful; when the danger is extreme, it should be given every half hour till improvement takes place. If Acon. should not make a favorable change after 2 or 3 hours, dissolve a few globules of Bry. in a wine-glass of water and give two or three times a teaspoonful at intervals of two hours; at the same time prepare a warm bath and put the patient into it, up to the navel and let him remain in it from three to five minutes.

In retention of urine, where the water does not pass at all, or only in a thin stream and slowly, with a burning sensation in the urethra, and a burning heat in the abdomen, camphor sometimes gives relief, but it must not be taken in large doses, merely smell it, or take from time to time a teaspoonful of water in which camphor has been shaken. Should camphor not have the desired effect, give twice a few globules of Puls. at intervals of 4 hours and, if necessary, afterwards a few globules of Arn., once or twice.

When a person has suffered from piles, which, as usual, have been improperly treated, have been cut, &c., he may be affected by urinary complaints very difficult of cure—the pain and scalding become very violent, especially when the urine only passes by drops; sometimes blood is discharged with the urine which somewhat alleviates the pain. In this case warm injections are very useful. Acon. or Merc. viv. mitigates the complaint, in particular Sulph., and afterward when the pain is very bad, Acon. again; Nux vom. too, will sometimes relieve the pain, principally, when in part occasioned by spirituous liquors, or when these aggravate the evil. When the slightest cold makes it worse, Dulc. will sometimes give temporary relief. When from time to time



small, hard clots of blood are discharged with the urine, give Calc. in two doses after having administered Sulph. When the burning returns and becomes very bad, try Carb. v. and Ars. A perfect cure can only be expected from a regular treatment by a homœopathic physician.

#### DISCHARGE OF BLOOD FROM THE URETHRA.

The *discharge of blood from the urethra* is frequently connected with other diseases, and is cured by the above mentioned remedies; when caused by violence, give Acon.; by spirituous liquors, Nux vom.; by dissipation, Chin.; when blood and semen are discharged when asleep, Mere. viv.; if the affection returns, Hep. For a burning pain at the extremity of the urethra, when the scrotum and penis are spasmodically drawn up, spasmodic pains in the thighs and knees, up to the lateral regions of the abdomen, a contracting and cutting pain in the small of the back, extending to the navel, give Puls.

#### DISCHARGE FROM THE URETHRA.

This disease varies much; sometimes it is very trifling, at others of a most dangerous character; sometimes it is produced in the husband by a common leucorrhœa in the wife. We shall here give directions how the more violent kinds can be mitigated, and the milder ones cured, that every one may, as much as possible, be preserved from the horrid treatment to which he exposes himself when applying to a common physician — or from the danger which he incurs by trying to cure himself with the common remedies. By improper treatment I have frequently seen an insignificant disease changed to a tedious, painful, and sometimes incurable malady; and every one ought to be acquainted with the horrible consequences of suppressing such a complaint—the result of infection — by strong remedies.

The patient should be as strict in his diet as in urinary complaints — should alleviate the pains by injections into the

anus, not into the urethra, these latter generally proving injurious; the penis may be bathed in warm olive oil, or be wrapped in rags which have been dipped in good fresh olive oil. The common remedies, balsam copaiva and cubebs, frequently do much injury, but do not cure, merely because they are given in too great quantities. The patient may, after infection, spread balsam of copaiva of the size of a pea, on the sole of the foot, and draw his stocking over it; or when the complaint is attended with too much inclination to make water, a few leaves of parsley may be placed on the sole of the foot; in tedious cases, a teaspoonful of cubebs. To swallow these things in large quantities is unwise, for the quantity can never effect a cure; and if it does check the discharge, the balsam of copaiva generally produces diseases of the lungs, and the cubebs, diseases of the stomach; besides, the effect from the sole of the foot on the parts affected, is much more rapid than through the stomach.

If this does not cure it, or when nothing has been administered, a couple of globules of Acon. will generally relieve the most violent pains—after which Merc. viv., if required, may be given for two or three successive mornings; when the pain has subsided, Sulph. generally removes the remaining symptoms in from eight to ten days.

For very violent burning pain, with a purulent discharge of a greenish color, give Merc. viv.; if the discharge is white, resembling rich milk, particularly when the voiding of urine is accompanied by a scalding pain, and when at other times there is a cutting and pricking pain, give Caps.; when the pain is more drawing and pressing, contracting, with difficulty of voiding urine, give Puls.; in tedious cases, Nux vom. frequently removes the remaining symptoms; sometimes when the discharge continues to resemble milk, Ferr. In tedious cases give Sep. and Natr. mur. alternately every week once. When caused by an acrid leucorrhœa in the wife, without any venereal infection, give Natr. mur.; it

must be taken in the evening and morning, by both husband and wife, and the medicine be allowed to operate for a couple of weeks.

### AFFECTIONS OF THE PENIS.

For swelling, redness, pains in the prepuce, when caused by external injury, such as friction, pressure, &c., give first *Acon.*, after some hours *Arn.*, and if the affection is relieved in consequence, as often as it gets worse again, these two alternately; if *Arn.* does not produce any effect, give *Rhus* twice; if want of cleanliness is the cause, give *Acon.*, and some hours after, *Merc. viv.* Small children sometimes are subject to this complaint; to these give the same medicines. If the patient has touched poisonous plants, and has afterward put his hands to these parts, give *Bry.* or *Bell.*; sometimes it is better to give them alternately with *Acon.* If the symptoms have been produced by the plant called Poison vine, give alternately, *Hep. s. c.* and *Bell.*, every three or four hours a dose. When purulent matter is discharged from the urethra, give *Merc. viv.*, and if this does not alleviate the scalding sensation, *Caps.*; if after several days there still remains some discharge, give *Hep.*; if parts of the skin remain indurated, give *Lach.* twice; if the complaint is very bad, and bluish spots appear here and there, give *Ars.* once or twice. To small children give *Calc.* a couple of times when *Acon.* and *Merc. viv.* do not suffice.

*Testicles swollen, painful*, after a blow, or a fall, &c., give *Acon.* and *Arn.* alternately; after suppressed gonorrhœa, *Puls.*, and sometimes also, *Merc. viv.*; after mumps, refer to this disease; when attended by a squeezing, jamming, straining pain, with violent shooting pains extending toward the abdomen, give *Spong.*; when the pain is more oppressive, and the shooting pains are more scalding, give *Staph.*; when caused by the irrational use of calomel, give the remedies

prescribed under "Poisoning." If it continues for any length of time, take Sulph., and consult a homœopathic physician as soon as possible.

## H E R N I A.

This complaint may, in most cases, be cured by internal remedies, when it has not been neglected too long; the physicians of the old school deny this — and they are perfectly correct when they speak of their own medicines. Trusses have been greatly improved in this country, but bad articles are common. A good truss is of great importance, for a bad one may do great injury; if it does not fit exactly, or if it slips, it may make the rupture incurable. A good truss must not be troublesome, although in the beginning it may feel rather uncomfortable; it must not be applied until the hernia has been entirely reduced, when the truss ought to keep it in its position. If the patient perceives, afterward, that something protrudes, let him take it off, lie down upon his back, reduce the hernia again, and replace the truss. When the hernia protrudes frequently, the truss is good for nothing. A person afflicted with hernia who does not wear a truss, or who wears a bad one — who exerts himself afterwards too much, or is otherwise imprudent, exposes himself to the danger of having carcerated or strangulated hernia, with inflammation. It is also of great importance to know how a hernia should be reduced.

Any one feeling that a rupture protrudes for the first time, or afterwards, should lie down on his back and place a couple of pillows, or something else under the lowest part of the body, so that the ruptured part may be higher than the rest of the abdomen — he should then incline a little to the side on which the rupture appears, in such a manner as to leave the abdomen without any tension. Another person can reduce the hernia better, but many can do it for themselves; it is done by pressing the left hand softly against the part which



protrudes, as if for the purpose of grasping it; after this, press the fingers of the right hand on the top, and then rub it softly, by passing the fingers over it; place the flat of the hand from time to time on it, and press gradually stronger; continue patiently for half an hour or longer, if the hernia is considerable. The worst kind of strangulated hernia can generally be reduced with facility, after the proper remedies have been taken, particularly Acon. or Nux vom. When the hernia cannot bear pressure, medicine must first be taken to remove the irritability — after which it frequently retreats of itself. In some cases, the placing of a rag dipped in warm water upon the part effects the reduction. Some persons apply cold water or ice in a calf's bladder, but this should not be kept on long, and should not be used at all when the parts are hot and red.

For violent burning pain in the belly, as from red-hot coals, the least touch giving pain, with sickness of the stomach, bitter bilious vomiting, nervousness and cold perspiration, give Acon., which may be repeated if the pain returns again. In case Acon. only alleviates the symptoms for a short while, without any other good effect, dissolve a few globules of Veratr. in a wine-glass full of water and give every two hours a teaspoonfull, but not oftener than three times. If the reducing should not succeed, then give Sulph.; if the vomiting is sour instead of bitter, give Sulph. immediately; leave the patient to rest awhile, and if he falls asleep do not disturb him.

If the pain is less violent when the parts are touched, and the vomiting lessened, but the breathing attended by much difficulty; when taking cold, or overheating, vexation of mind or improper diet is the cause, give Nux vom.; if there is no improvement in two hours, give it again; when the patient becomes red in the face, when the abdomen is distended, or when bad smelling eructation and vomiting occur, give Op. every quarter of an hour until there is a change; if the vomiting is accompanied by cold sweat, or if the extremities

become cold, give Verat.; and if it does not improve after giving it twice, give Bell. As soon as the abdomen becomes sensitive, and cannot endure to be touched without pain, give Acon. and Sulph., as above. When the place of the rupture has already assumed a bad appearance — when the symptoms are very alarming, and no physician can be had, give Lach., and if this gives relief, repeat it as often as the symptoms get worse again; if, after a couple of hours, there is no improvement, give Ars. a few globules dissolved in six or eight teaspoonsful of water, every four hours a teaspoonful.

In all cases of strangulated hernia, a physician should immediately be sent for, but the above remedies must be taken in the mean while; if they prove efficacious before he arrives, so much the better; if not, the doctor may perform what is necessary, which he will find much easier, as thousands of experiments have proved. If he asserts that the effect of the medicine has been injurious, and that he cannot now succeed as well as he might have done, if the medicine had not been given, he says what is not true and is ignorant or prejudiced and is to be distrusted.

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## CHAPTER XI.

### DISEASES OF FEMALES.

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The female constitution, especially after puberty possesses distinctive peculiarities, independent of the influence of habits and of education. And these peculiarities extend to the moral as well as the physical being. The particular organization of the female, subjects her to many diseases, as well as physiological changes not of a morbid character, from which the male is exempt. The object of the present chapter is to treat of some of the most common of those diseases, derangements, and changes.

#### MENSTRUATION.

When this function is performed in a healthy manner, no change of consequence is perceptible in the general feelings; although increased susceptibility of the nervous system sometimes attends it. The first approach of this change is generally marked by a reserve in the manners; a more erect carriage; a change in the voice; expansion of the chest; enlargement of the breasts &c.

The quantity differs very much in different individuals; the average quantity is perhaps from four to six ounces. When perfectly healthy it does not coagulate and the stain is very difficult to wash out. In quite young females, or those who menstruate too soon, the quantity is generally smaller, and more mixed with mucus; sometimes nearly white, and merely streaked with red. The duration of a menstrual

period varies in different persons from two to seven days; the average is about five days. It usually returns with great regularity in a state of health, every twenty eight days; except in girls who menstruate precociously and again when approaching the period of its final cessation or the "change of life" as this stage is called.

The above account may be considered a brief outline of healthy menstruation, and any considerable deviation therefrom especially if it affect the general health should be corrected by appropriate medical treatment. Derangements of menstruation are generally referable to insufficient clothing, fault in regimen or improper action of the mind.

### TOO TARDY APPEARANCE OF THE MENSES.

The absence of this discharge alone, so long as the general health does not suffer, is not sufficient reason for the administration of medicine. It is sometimes delayed in our latitude until the eighteenth year without any evil consequences resulting. It generally however occurs at the age of fourteen or fifteen years. Carefully avoid taking all nostrums, herb teas, essential oils or other forcing medicines for the purpose of bringing in on. But when all the visible signs of womanhood have appeared, with the mental and moral changes that usually take place at the period of puberty, and the menses do not yet show themselves, especially if periodical pains in the hips, loins and back occur, attended with a sensation of weight and fulness in the lower part of the abdomen with bearing down, the aid of medicine may with propriety be called in to relieve the sufferer. A long catalogue of additional symptoms occasionally occurring at this period might be enumerated as calling for treatment. Such as fulness about the head, giddiness, flushed face or sallowness, bleeding at the nose, buzzing in the ears, palpitation of the heart, constriction of the chest, shortness of breath on going up stairs, hardness and soreness in the breasts, drawing and numbness in the



lower limbs, lassitude, feeble pulse, fainting fits, hysterical symptoms, coldness of the limbs, swelling of the ankles, swelling of the abdomen, nausea, colic, constipation, leucorrhœa &c.

The causes which impede menstruation may be very remote and obscure, or they may be immediate and apparent. As the notices of disease in the present treatise are necessarily short and confined to the most prominent points, the cases treated of under this head will be selected from those of the most frequent occurrence and of the simpler forms. Recommending those arising from occult causes or depending on some organic derangement to the management of a judicious homœopathic physician.

When the general health is but slightly affected by the apparent delay of this important function, a well ordered regimen is frequently all that is necessary to bring about the "change." Let the diet be simple but nutritious; consisting of easily digestible articles in due proportion from the animal and vegetable kingdoms; avoiding compounded cookeries, high seasoning and spices, as well as the use of tea and coffee, and all stimulating drinks, such as cider, porter, beer, wine, spirits &c. Let her pursue a regular course of exercise: such as walking in the open air in suitable weather; riding on horseback or in an open carriage; taking a share in the duties of housekeeping &c.; being careful to avoid fatigue or excessive exercise and exposure to a draft of air when in a state of perspiration. Sedentary habits and too close application to study are very injurious. Cultivate cheerfulness of disposition and endeavour to promote it by choosing such pastimes as will at once amuse and divert the mind. Pay proper attention to dress: let the clothing be seasonable and changed to suit the variations of the weather; protect the feet and lower limbs against cold, and carefully avoid exposure to wet and dampness.

The medicines chiefly employed in the cases aluded to above are: *Arsenicum*, *Belladonna*, *Bryonia*, *Cocculus*, *Cu-*

*prum*, *Lachesis*, *Lycopodium*, *Phosphorus*, *Pulsatilla*, *Sepia*, *Sulphur* and *Veratrum*.

*Ars.* if the face is pale and swelled in the morning on rising, with swelling of the feet in the evening, and a sensation of heat in the circulation, with prostration of strength.

*Bell.* if bleeding of the nose, redness of the face, injected eyes with dread of light attend, or if there be a full pulse, dark redness of the face, and, giddiness after stooping. *Acon.* may be given alternately with *Bell.*

*Bry.* if in place of menstruation, bleeding of the nose occurs, give *Bry.* two mornings in succession. *Lach.* and *Lycop.* may also be given in similar cases.

*Cocc.*, if there should be a complication of nervous affections; contracting pinching pains in the lower part of the abdomen with oppressed respiration and groaning. Give it for two or three nights in succession.

*Cupr.* is indicated when the patient is threatened with spasms; or has cramps in the lower limbs with screaming, nausea and vomiting.

*Lach.* is applicable when symptoms of suffocation attend, and all the sufferings are aggravated after sleep; also, if there be fainting fits and convulsions.

*Phosph.* in females of a delicate form with light complexion and lively disposition, weak chest, and a predisposition to disease of the lungs; expectoration of blood in small quantities, or dyspeptic symptoms alternating with rheumatic pains. This remedy should not be given in such cases more than once or twice a week.

*Puls.*, if there be pain in the abdomen and across the back, giddiness, fulness about the head and eyes, paleness of the face with occasional flashes of heat; roaring in the ears, or partial deafness; coldness of the hands and feet, with predisposition to general coldness; hysterical symptoms, alternate laughing and crying; nausea and vomiting; sour taste in the mouth after eating; discouragement and sadness;

palpitation of the heart; soreness of the breasts; loss of appetite, with desire for acids; and, aversion to exercise. The unpleasant sensations frequently change from one place to another, or are felt on but one side of the body at a time. She feels better during exercise, and in the open air; generally worse in the evening and before midnight, and is fatigued in the morning. Give the medicine at four o'clock in the afternoon for two days in succession, and if better, wait as long as the improvement continues; but if the symptoms return, and the menses do not appear, repeat the Puls. once more. This medicine is particularly adapted to young ladies of a mild character.

*Sep.*, if in addition to many of the above symptoms there should be a yellow streak across the nose and on the cheeks in the form of a saddle. It should be given at night, twice in succession.

*Sulph.*, if neither of the above remedies should answer the purpose, and there be a sensation of heat in the interior of the brain; great religious depression; emaciation; want of appetite, with sickness after eating; vertigo; palpitation of the heart, and shortness of breath on going up-stairs; worse when standing; to be given at night, as above directed for the other remedies.

*Veratr.*, if there be cold hands and feet, with a tendency to diarrhœa.

### CHLOROSIS OR GREEN SICKNESS.

On account of the very common occurrence of this disease about the period of puberty in females, and the uniform attendance of suppressed or vitiated menstruation *consequent* upon it, the affection itself is frequently looked upon as the *result* of such derangement. This state of the system however has been witnessed in females of mature age, and even sometimes in males having a lymphatic temperament and delicate constitution.

Any of the causes which so frequently produce derangement of the female economy, may give rise to this disease. The most common exciting causes are cold and exposure to dampness; sedentary habits, want of exercise and fresh air; powerful emotions of the mind, disappointment and chagrin; errors in diet, food not sufficiently nourishing, and the too free use of acids and stimulating drinks.

As the disease under consideration is a complicated one, and one of very serious import, involving the all of health, none but a qualified physician should attempt its treatment; if the services of one can be obtained.

The medicines that are generally sufficient in this affection are, *Bry.*, *Chin.*, *Con.*, *Ferr.*, *Kali carb.*, *Lycop.*, *Natr. mur.*, *Puls.*, *Sep.* and *Sulph.*

But on account of the difficulty of any one but a physician treating this disease, when the services of one can be procured, the special application of each remedy need not be pointed out. As all practical purposes in a domestic point of view, will be answered by referring to what is said under the heads of "too tardy appearance," and "suppression."

### SUPPRESSION OF THE MENSES.

By suppression of the menses, is understood the suspension or temporary cessation of this discharge, after it has been well established, by some incidental cause. Cold is the most common cause of this obstruction, as it is the one to which females are the most liable, on account of the little care they take of themselves at the menstrual period. Sudden and powerful emotions of the mind, particularly grief and despondency may also produce it, but next after the first mentioned cause is the malicious practice of eating pickles, drinking vinegar, and putting the feet in cold water, during the flow, for the purpose of arresting it. Disease of the chest and of the liver, rheumatism, and inflammation of the organs concerned, may also give rise to suppression. Any



of these causes may act so as to produce the result during the flow, when the menses are about to appear, or during the interval. If the menses are suddenly suppressed during the flow, or just as they are about to appear, especially if cold be the cause, the symptoms are apt to be much more violent, than as if the obstructing cause were applied in the interval. In the worst cases, are seen frightful attacks of spasmodic pains in the stomach and bowels, often attended with retching to vomit, headache, flushed face, wild delirium, convulsions, hysteria, palpitation of the heart, difficulty of breathing, &c. This state of things is sometimes followed by fever and local inflammations. When suppression of the menses is the effect of causes operating in the interval, the evil consequences do not arise so suddenly nor are they so alarming; yet, after the lapse of two or three months the enfeebled state of health, evinces the no less certain result. The subject becomes pale, languid and debilitated; loses her appetite and ambition; looks sickly and dejected; is affected with swelling of the feet and ankles; nervous symptoms set in, palpitation of the heart, shortness of breath, flatulency, &c., and leucorrhœa winds up the unhappy train. In persons predisposed to consumption and some other serious diseases, suppression is particularly prejudicial and demands the earliest attention.

The medicines generally required in the treatment of this affection are, *Acon.*, *Bry.*, *Puls.*, *Sep.* and *Sulph.* But *Bell. Cham.*, *Graph.*, *Kali carb.*, *Lycop.*, *Plat.* and *Verat.* are sometimes necessary.

*Acon.* if the suppression be the result of the direct application of cold, and be attended by congestion to the head, or chest; redness of the cheeks; sickness, faintness or giddiness on rising from a recumbent position; shooting and beating pains in the head, with delirium or stupifaction; fulness of the pulse; impatience; worse from motion; cold gives relief, but heat aggravates the sufferings.

*Bry.* if there be swimming in the head, with heaviness and pressure towards the fore-head, worse after stooping, and aggravated by motion; bleeding of the nose; dry cough; shivering during the pains; heat on the head; pain in the pit of the stomach after eating; bitter and sour eructations; regurgitation of food after eating with a good appetite; constipation; drawing pains in the lower part of the abdomen; pain in the back; the sufferings are increased by motion and by touching; this remedy is particularly adapted to unmarried females.

*Puls.* is the principal remedy in this disease, especially when it has been caused by exposure to dampness, or cold air, and the subject have an amiable disposition with a tendency to sadness and tears; the headache is generally on one side only, with shooting pains extending to the face, ears and teeth; palpitation of the heart; suffocation; coldness of the hands and feet; flashes of heat; nausea and vomiting; tendency to diarrhœa; pressure in the lower part of the abdomen; frequent urination; and, leucorrhœa.

*Sep.* is also a very important remedy, especially in females of a delicate constitution and sallow complexion; the symptoms are often relieved by exercise and aggravated by rest; great liability to take cold; disposed to melancholy; morning headache; throbbing in the head; vertigo; bearing down in the lower part of the abdomen, with heat and sensitiveness; leucorrhœa; colic; pains in the limbs as if they had been beaten; pain in the loins.

*Sulph.* if the person has been subject to eruptions; disposition to stiffness in all parts of the body; want of strength; faintness; exhaustion from conversation; sensitiveness to the open air; disposition to sleep; the heat of the bed aggravates the pains at night; confusion of the head; vertigo on rising up; headache on one side, or over the eyes, or in the back part of the head extending to the back of the neck; heat in the head; heaviness of the head; dimness of sight;

sourness of the stomach; waterbrash; pressure in the stomach; voracious appetite; constipation with ineffectual efforts at stool; abdominal pains; leucorrhœa with itching; pain in the loins; weariness and fatigue in the limbs.

If menstruation has been checked by fright, vexation, or other emotions of the mind, give *Acon.*, *Coff.*, or *Lycop.*

If the suppression have connexion with rheumatic pains about the shoulders and chest, and the subject be predisposed to consumption, send for a physician without delay.

### PAINFUL MENSTRUATION.

Women are liable to this disease during every part of their life between the commencement and the cessation of menstruation. Cold, and the improper treatment of other diseases, are the most prolific sources of this derangement. The pain sometimes begins several hours or even days before the flow commences, at other times the evacuation comes on regularly and continues for a few hours, then diminishes, or ceases entirely, with a great deal of suffering. The pains may continue for a longer or shorter period; frequently under appropriate treatment the flow returns, and continues to the end of the period without interruption; sometimes the pains continue to the end of the period without shortening the time, or lessening the quantity. At other times the pains continue until a membranous substance is expelled and a healthy discharge continues, or the evacuation ceases with the expulsion of the membranous body. In some cases through sympathy, the breasts become sensitive, tumid and occasionally extremely painful. The pains of difficult menstruation are of two kinds, viz: the intermitting expulsive pains resembling those of labour, and the constant aching pains in the loins, hips and limbs, like those which often precede regular menstruation.

The remedies are *Aconite*, *Belladonna*, *Calcarea*, *Chamomilla*, *Cocculus*, *Coffea*, *Nux vomica*, *Pulsatilla* and *Veratrum*.

*Acon.* See the symptoms requiring this remedy under "suppression." Dissolve twelve pellets in six teaspoonsful of water and take a teaspoonful every hour until the sufferings are relieved.

*Bell.*, if the pains precede the flow, with violent congestion to the head, and confusion of sight; frightful visions; screaming; disposition to bite and tear every thing; redness and bloatedness of the face; pain in the back; strong bearing down in the lower part of the abdomen as if the parts would fall out.

*Calc.*, if there be boring headache which is aggravated by every moral emotion; coldness on the head; toothache; breasts swollen and painful; colic with shiverings; cuttings in the abdomen; leucorrhœa; spasmodic pains in the loins. After the period is past, if the membranous substance spoken of above should have been discharged, give a dose of *Calc.* on two successive evenings and again four or five days before the return of the next menstrual period give two doses more in the same way.

*Cham.* may be given if the pains resemble labour pains, with pressure from the small of the back towards the front of the abdomen and downwards; colic, with tenderness of the abdomen when touched; discharge of a dark color and coagulated.

*Cocc.*, if there be abdominal spasms; flatulency; nausea and faintness; pressive colic; and, cramps in the chest.

*Coff.*, if there be great nervous excitement, and anguish with the sufferings; exceedingly painful colic, with fulness and pressure in the bowels, with spasms which extend to the chest; delirium; wringing of the hands; grinding of the teeth; screaming; coldness over the whole body; numbness and stiffness; groaning and difficulty of breathing.

*Nux vom.* relieves the writhing pains in the abdomen when accompanied with nausea; pain as if bruised in the bones in front; spasms in the womb with pressure downwards and



heat; nausea and fainting; restlessness; stitches in the right side; frequent desire to urinate. *Nux vom.* is indicated when the menses are preceded by drawing pains in the muscles of the back of the neck, and, in excitable or passionate persons.

*Puls.* will remove a heaviness resembling a stone in the abdomen, with violent pressure in the lower part, and in the small of the back, attended with drawing and numbness down the thighs; vomiting of sour mucus; shiverings with paleness of the face; pressure to stool with ineffectual efforts; frequent desire to pass water; and, leucorrhœa.

*Verat.*, when the menses are preceded by headache and attended with diarrhœa; excessive weakness; humming in the ears; constrictive sensation in the throat; icy coldness of the nose, hands and feet.

### MENSTRUATION TOO SOON.

*Bell.*, when the evacuation comes on before the time, is too copious, and is of a bright red color; discharge of fetid coagulæ; nocturnal sweat on the chest; thirst; confusion of the sight; beating headache; puffiness of the face; colic and violent bearing down pains.

*Calc. carb.*, is appropriate when the evacuation is preceded by swelling and sensitiveness of the breasts, headache, colic, shiverings and leucorrhœa; during the flow there are cuttings in the abdomen, toothache, bearing down, leucorrhœa and enlargement of the veins.

*Ign.* is very effectual where the menses return every two weeks, and are attended with hysterical symptoms; nausea and fainting; general chilliness; paleness of the face; failing of the sight; the patient cannot bear the light nor noise; the abdomen is distended and hard; the pains are of the cramp-like compressing kind.

*Ipec.* is suitable where the patient is excessively weak, uneasy, and has a dislike to all food; the discharge copious, bright red, and coagulated.

*Natr. mur.* should be given when the monthly period is preceded by moroseness and irritability; the evacuation is too profuse and continues too long; is attended with sadness, headache, and an inclination to lie down.

### MENSTRUATION TOO LATE.

*Kali carb.* may be given, when there is constant bearing down and still the menses do not appear, in young girls.

*Lach.*, when the commencement of the flow is attended with violent pains in the small of the back, and subsequent spasms in the abdomen and beatings in the head.

*Phosph.*, if the patient has a delicate form, is predisposed to disease of the chest, and is troubled with dyspeptic symptoms; during menstruation, lancinating headache, spitting of small portions of blood, shiverings, lassitude and fever.

*Puls.* where the menses are very irregular, sometimes coming too soon, at other times too late, and frequently too feebly; sometimes the discharge is too dark or mixed with mucus, again it is pale and watery; the sufferings also are various: nausea and vomitings, shiverings and paleness of the face, shooting pains, bearing down, constipation, &c., are frequently met with, before, during, and after the period.

*Sulph.* is frequently necessary when other remedies fail, and where sick headache precedes, attends, or follows menstruation. The reader is referred to the preceding sections on "tardy appearance" and "suppression" for many of the symptoms of this important medicine.

### MENSTRUATION TOO SCANT.

The remedies recommended for this particular irregularity, are: *Kali carb.*, *Lach.*, *Nux vom.*, *Puls.* and *Sulph.*

In as much as the characteristic symptoms of these remedies are to be found in the preceding sections of this chapter, it is not necessary to repeat them here. The reader is respectfully referred to them there. The remedy which cor-

responds most accurately with the whole group of symptoms, is always the most appropriate one.

### MENSTRUATION TOO COPIOUS.

*Bell.*, when the catamenia are too copious, and return too soon, with violent pressure downwards, as if something would escape, accompanied with pain in the small of the back; where the immoderate flow has been caused by exertion, or lifting something during the period. *Arn.* also, may be given when that is the cause. For other symptoms of *Bell.* see what is said under it when the menses return too soon.

*Calc. carb.*, after other remedies apparently well adapted to the case have been given without effect, give *Calc. carb.* for two mornings in succession at the next period. See some of the symptoms of this remedy under "Menstruation too soon."

*Cham.*, will prove beneficial if the discharge is dark and clotted; flowing at intervals, accompanied by pain, and dull griping, which passes from the small of the back towards the abdomen; to which symptoms may be added, thirst, coldness of the extremities, and, fainting.

*Chin.*, sallowness; general weakness with great tendency to perspire; dulness; swelling of the lower extremities; confusion of the head with buzzing in the ears; faintness; the discharge may be either watery, or coagulated, gushing out at intervals, accompanied with cramplike pains in the lower part of the abdomen.

*Ipec.* where the discharge is profuse and continued; attended with paleness, thirst, and constant desire to lie down, with great prostration.

*Nux vom.*, when menstruation is too copious and returns before the twenty eighth day; when it lasts longer than four days, stops and returns. In such cases allow no coffee, wine, cider or brandy; no mince pies, or any thing stimulating for several months.

## MENSTRUATION TOO SHORT.

Most of the remedies mentioned under menstruation "too soon" and "too scant" may be given with advantage in this aberration, when the attending symptoms correspond. When the period of menstruation is rendered too short by accidental causes, look under "suppression" for the remedy.

*Bry.*, *Lach.*, *Phosph.*, *Plat.* and *Puls.* are the principal remedies in this irregularity.

## MENSTRUATION TOO LONG.

*Acon.*, when there are congestions to different parts of the body with shooting pains, especially about the heart and in the head; full and hard pulse; desire to be in the cool air; the patient is worse in a warm room; the discharge is bright red and for the most part fluid, but coagulates readily.

*Chin.*, paleness of the face; dark colored under the eyes; obscuration of sight, or black spots before the eyes; roaring in the ears; pulsations in the head and neck; nocturnal headache; sleeplessness or disturbed sleep; nervous excitability; frequent desire to pass water; pains like labour; weakness and heaviness in the limbs; swelling of the feet.

*Ign.*, is serviceable if the discharge continues too long and the next period is attended with hysterics, yawning and choking. The medicine should be given on the fourth day of menstruation, and repeated in a day or two; and again on the third day of the next period.

*Nux vom.*, when the menses return too soon and continue too long; giddiness; constipation; nausea and faintness; the symptoms are generally worse in the morning; dragging about the loins with bearing down in the pelvis; cramp-like pains in the abdomen, extending downwards to the thighs.

*Plat.*, discharge thick and black or slimy; pressure on the lower parts with increased sensibility.



*Sulph.*, will frequently change this state of the system by giving a few doses of it after menstruation is over, and repeating it again a few days before the next period.

### CESSATION OF THE MENSES.

The "change of life" or the "critical stage" as the period of the decline of the menses is called, generally occurs at or about the age of forty five years. With ladies who have indulged themselves at the table and been fond of their ease generally, this change is apt to take place a little earlier; while with those who have led more industrious and even laborious lives, it may not come quite so soon. It sometimes occurs as early as thirty six and even earlier and on the other hand, it has been postponed in some instances until the woman has passed fifty, and even much later.

When this period of life is approaching, the menses become more or less irregular both as to the time of their recurrence and the quantity discharged — they may either return too soon or the interval be more protracted than usual. The quantity discharged may likewise vary from the regular amount — be very small, by itself, or largely mixed with mucus, or be very profuse, amounting to a true hemorrhage. The flow frequently appears suddenly, at an unexpected moment, continues for an hour or two, and then stops, without any of the ordinary symptoms of suppression following.

Sometimes the progressive course of this change in the female economy is so gradual, and free from constitutional disturbance, that the woman passes through it, before she is aware of her altered condition; until, she realizes that her menses have ceased, and with them many of the frailties incidental to menstruation have disappeared. Her health is confirmed, and frequently she becomes more fleshy than she ever was before.

Others less fortunate, are afflicted with vertigo; headache; flashes of heat; nervousness; paleness and debility; frequent

passage of limpid urine in large quantities, or high colored in small quantities; pain in the lower part of the abdomen, back and hips, running down the thighs with a kind of creeping sensation; heat in the lower part of the stomach and back; piles are apt to be troublesome, and sometimes take on a vicarious office; swelling of the lower limbs; tumidity of the abdomen, which subsides from time to time without the ordinary symptoms of flatulency. Pruritus (violent itching of the private parts) is not uncommon at this period.

Not every case of slight irregularity at this period of life, should be interfered with by medicine, especially if the discharge be diminishing in quantity. A well ordered regimen however is important in every case — the diet should be simple and digestible, consisting chiefly of vegetable articles; total abstinence from every thing stimulating should be strictly observed; exercise in the open air in suitable weather, bathing, and the use of the flesh brush, should be duly attended to. Sleeping in heated rooms should generally be avoided, and a matrass is better than a feather bed. In many instances it would be proper to wear flannel or silk next the skin; in all cases avoid unnecessary exposure, and guard against the injurious effects of the common vicissitudes of the weather, by suitable attention to dress.

Tonics, and the so called strengthening medicines, are always injurious at this period; and, therefore, should be assiduously avoided.

*Lach.* and *Puls.* are the principal homœopathic remedies for the disorders of the "critical stage of life." If one of them should not be sufficient to correct the symptoms, they may be taken alternately, at intervals of a week between the doses.

*Bry.*, *Cocc.*, *Ign.*, *Sep.* or *Sulph.* may be required in some cases.

## LEUCORRŒA.

This disease (frequently called "Whites") consists of a discharge of unhealthy mucus from the private parts, and is most liable to affect females between the age of puberty and the final cessation of the menses. Occasionally we observe it in little children, and sometimes also in women who have passed the change of life.

Women of a nervous temperament, with a relaxed habit of body, weak chest, and hereditary predisposition to it, are the most frequent subjects of this disease. The exciting causes of this complaint generally are difficult labours; irregularity of the menses; the employment of purgative medicines; tight lacing; late hours; the immoderate use of tea, coffee and spices; limited exercise; and sometimes the neglect of necessary ablutions. In children the most common exciting causes are neglect of cleanliness, seat worms, and the local application of some irritating matter. Those who are subject to it at all, are liable to have the discharge most abundant before and after menstruation, and during pregnancy. The secretion may be small or very abundant, and may vary just as much in quality as it does in quantity; in the beginning, it frequently seems to be nothing more than an increase of healthy transparent mucus, but after a while it assumes a more dense consistency, and gelatinous appearance, or becomes thin, milky, and acrid; after longer continuance it may become purulent, and acquire a yellow color; it is often greenish, and sometimes has a brownish hue. The discharge does not always pass away continuously, but often irregularly, by emissions.

After this discharge has continued for a longer or shorter time, the concomitant symptoms make their appearance, such as, constant pain in the back and loins; bearing down in the abdomen; aching in the hips; coldness of the extremities; paleness of the face; dejection of spirits; loss of appetite; eructations; nervous symptoms; neuralgies &c.

Leucorrhœa is so often complicated with serious diseases of the womb and adjacent parts, that the best interests of the sufferer require the earliest attention to its treatment, and the most diligent use of the means calculated to remove it. Many now mourn with fruitless grief over their unfortunate neglect of this disease in its incipient and more manageable state. On the first intimation of the approach of the complaint, the subject of it should endeavour to correct the predisposing causes, and as far as in her power lies avoid all the exciting causes.

The remedies recommended in this place are: *Aconite*, *Calcarea carb.*, *Cocculus*, *Pulsatilla*, *Sepia* and *Sulphur*.

*Acon.*, if the discharge be excessive, viscous or yellowish; heat and a sense of fulness in the parts internally; the application of any thing cold gives relief; especially if the patient have been subject to acute attacks of rheumatism.

*Calc. carb.*, with itching and burning; coming on before the menses; the discharge is milky, and often passes when making water; attended with shooting through the parts and falling of the womb; leucorrhœa after lifting; *whitish corrosive leucorrhœa of young children*; especially applicable to females of a lymphatic constitution, light complexion and inclined to be fat, and who are subject to copious menstruation which returns too soon.

*Cocc.*, leucorrhœa before, and after menstruation; discharge of sanguineous mucus during pregnancy; leucorrhœa like the washings of meat; with colic and flatulency.

*Puls.*, when the discharge is thick, like cream; sometimes corrosive; attended with pruritus near the change of life; before, during and after menstruation; when occasioned by fright; and, in young girls before menstruation is well established.

*Sep.*, leucorrhœa with excoriation of the parts; bearing down; frequent urination; yellow or greenish, fetid discharge; inflation of the abdomen; yellowness of the face; this remedy is not always admissible during pregnancy.



*Sulph.*, in obstinate cases of leucorrhœa with scalding urine; whitish or yellowish and corrosive; after repelled eruptions or imperfectly cured rheumatism.

## PROLAPSUS UTERI.

(*Falling of the Womb.*)

The chief predisposing cause of this displacement is a relaxed condition of the system which may be natural, or induced by habits of indulgence in idleness and high living. The immediate causes of the mischief may be various; as, getting up too soon after confinement; leucorrhœa; falls; injuries from lifting heavy weights; long continued coughs; severe pukings; tight lacing &c. An eminent physician remarked in 1831: "I will venture to say, that of late years, since the preposterous custom of pressing the waist into as narrow a space as cords and steel springs can bring it, has been so general, there are more instances of prolapsus and leucorrhœa among *young* females than at any former period when the abdomen was a little better accommodated with room." (Eberle.) But as fashion has changed the mode of dress considerably for the better in this particular since the doctor wrote the above, we may expect to see fewer cases of the diseases mentioned, arising from that cause in the future.

The symptoms may be mild for a long time in the commencement of the disease, and be considered rather as an annoyance than the occasion of much suffering. There is generally more or less bearing down, dragging about the groins, pain in the back and loins, pressure low down in the pelvis, a benumbing sensation shooting down the limbs, nervous feelings, with a sense of faintness, and many other exceedingly distressing symptoms. Every case does not present this long catalogue of ailments, but many cases do present them in great numbers, and in an aggravated form. In some severe cases the woman has great difficulty in rising to her feet, and if she attempts to walk has to lean forwards and

support herself by placing her hands on her thighs. A very obscure and troublesome symptom, of pain in the left side close under the ribs, sometimes attends this disease. The sufferings are aggravated by the erect position, and nearly all of them subside after lying down.

To the above enumeration of difficulties must be added the constant discharge of mucus more or less unhealthy, and very generally a more abundant and frequent discharge of the menses. These two drains upon her system in conjunction with the general weakness consequent upon uninterrupted suffering, reduces the woman's strength very much, and unless relieved, will destroy her health entirely.

For the cure of this disease we have very frequently to employ mechanical means; namely the "supporter" or the "pessary." But in many cases we can succeed with medicine and a well regulated regimen. The affection itself is sometimes symptomatic of other curable diseases. Let the patient avoid the provoking causes as far as she can, adhere to the homœopathic diet, and take one of the following remedies every night for a week; namely, *Bell.*, *Calc. carb.*, *Nux vom.* and *Sep.*

After taking one remedy and then suspending all medicine for a week or more, still adhering to the diet, if the symptoms have not abated, take one of the other remedies named, in the same way and wait as before. But if the symptoms do improve, take nothing so long as they are better, and if they return, take the last medicine once or twice more. In order to discriminate between the remedies recommended as well as you can, compare the symptoms under leucorrhœa.

### REGIMEN DURING PREGNANCY.

During the period of gestation a woman should consider, that her most trifling actions may exert a great influence on the future physical, and we may add, moral and intellectual condition of a being bound to her by the most endearing ties

— a being that has a right to expect from her as its parent, so far as it lies in her power to give, a sound constitution. Therefore, to realize such an object, it becomes the duty of a mother to pay every possible attention to her diet, dress, and exercise.

### *Diet.*

With regard to diet, she should observe the greatest simplicity, and abstain from all stimulating food and drinks, as well as every thing else that has a tendency to increase the irritability of the system; such as the immoderate use of coffee, tea &c. She should also avoid taking too large an amount of nourishment of any kind, for nature seems to have instituted nausea and vomiting for the purpose, in part, of preventing excessive fulness. The occasion of pregnancy ought not to be made the apology for the free indulgence of a wayward or a voracious appetite; as indigestion, colic and even convulsions, in some instances have been the sad consequences of such indulgence. The unnatural use of chalk, magnesia, charcoal, roasted coffee &c. is to be deprecated.

### *Dress.*

The dress should be strictly suited to the season, and so arranged as not to produce unnecessary pressure on any part of the body; even the garters should be worn loosely. Tight lacing is very hurtful; it must be evident to the plainest understanding, that serious injury to the health of both mother and child, must often result from a continual and forcible compression of the abdomen, while nature is at work in gradually enlarging it for the accommodation and development of the fœtus; and no doubt, there are many who owe their deformities to the vanity or fastidiousness of their mothers.

### *Exercise.*

With regard to exercise, here let us say, that it is indispensibly necessary to health, during the term of pregnancy.

The most useful kind of exercise is *walking* in the open air, for this calls into action more of the muscles of the body, than any other exercise suited to the state of pregnancy. Such exercise must not, however, interfere with the process of digestion, and therefore the most suitable time for it is two or three hours after a moderate dinner, or during warm weather, towards evening; care being taken to avoid the dampness of the night air by returning home early. The passive exercise of riding in a carriage, falls short of the object in view and the violent exercise of riding on horse back exceeds it, besides the liability to fright and accident which besets this mode and renders it objectionable. Too long walks, going out in slippery weather, dancing, hastily running up stairs, lifting heavy weights &c. should be carefully avoided. Abortion and premature delivery are frequently the consequences of imprudence. The air she breathes should be pure, and therefore if possible, she ought to select a large and well ventilated bedroom. Intense anxiety about any thing, severe study and night watchings are decidedly injurious.

### DISORDERS OF PREGNANCY.

Although the state of pregnancy is perfectly natural and perfectly healthy, yet in consequence of the existence of latent diseases in some constitutions naturally, the artificial disorders produced in others by improper medical treatment, and sometimes from accidental causes, it often happens that this condition is attended by many deviations from health, which it may be well to notice, together with the best means of removing them.

Notwithstanding the universally admitted tendency to plethora, and general fulness of the system during gestation, the preposterous idea of depletion being necessary to get rid of that fulness, must not be entertained.

Hear what Dr. Dewees says on the subject of bleeding in certain cases: "To women who are in the habit of miscar-



rying, this proscription of indiscriminate bleeding is particularly important; especially, as it is the remedy almost universally resorted to for its relief; than which in very many instances, nothing can be more preposterous or improper. We know ourselves to be justified in saying, it has very often produced the evil it was intended to prevent." Dewees on children p. 28.

The state of nervous excitation incident to pregnancy is susceptible of successful treatment; and under judicious management the storm which sometimes seems to threaten the safety of the patient can be so directed as to give a new impetus to the current of life and render the woman more healthy than before.

We shall now proceed to notice some of the disturbances which take place during pregnancy and point out the treatment of such of them as call for medicine.

### VERTIGO AND HEADACHE.

Sometimes as early as the second week but generally in the third week after conception, a strange sensation of fullness, or heaviness, is felt in the head, attended with dulness, and a disinclination to active employment. If these feelings increase, the sensation of lightness of the head follows, with vertigo, especially in the morning; giddiness with blindness after stooping; scintillations before the eyes; sleepiness or its opposite; headache with weight on the head, or in the back of the neck; disposition to fall forwards when stooping; palpitation of the heart; general nervousness &c. With the above symptoms in many cases at this early period may be noticed a fastidious state of the stomach; variable and on the whole, diminished appetite; the smell of food while it is cooking, becomes disgusting; provisions as they are exhibited in market, excite nausea; articles of diet in common use, of which the patient may have been fond, becomes offensive; and articles that she could not eat before, are now taken with avidity.

It is remarkable that these likes and dislikes are not the result of actual experiment, but arise from a capriciousness of taste, which decides the matter before the article has been tasted at all. The tongue is occasionally coated yellow, with slightly increased redness along the middle towards the point, or the whole tongue is whitish, and enlarged. The mouth fills with tasteless saliva.

Perhaps no single case of pregnancy is attended with all the unpleasant symptoms above mentioned, a few only being present in each case and even those may be so mild as to attract but little notice, and in some instances the woman enjoys uninterrupted health throughout the period of gestation.

*Acon.*, vertigo on rising from a seat, often as if intoxicated, causing one to fall; faintness on rising from a recumbent posture, with dimness of vision; congestion of blood to the head, with throbbing, and pressure in the forehead; stupifying pains in the head; eyes red and sparkling with intolerance of light; black spots before the eyes. This remedy is chiefly applicable to plethoric persons with a florid complexion and nervous temperament.

*Bell.*, vertigo with staggering and trembling; stupor with loss of consciousness; fulness of the head with whizzing in the ears, and danger of falling; intolerance of noise; heaviness and pressure on the head, or in the forehead, above the eyes; expansive pains in the head with violent beating of the carotid arteries; injected eyes, quivering of the lids and redness of the face; sparks before the eyes; objects appear double. The symptoms requiring the use of *Bell.* are generally worse in the morning, and the patient dislikes to move.

*Nux vom.*, vertigo, and bewildered feeling, in the head; giddiness, with cloudiness of the eyes, and buzzing in the ears; tearing, drawing, and jerking pains in the head; periodical pains; sufferings about the head of almost every description during pregnancy, accompanied with constipation, disgust of food with insipidity, or acid, bitter and putrid taste in the

mouth. Well suited to persons of a quick, hasty disposition and especially to such as lead sedentary lives and are addicted to the use of coffee. The sufferings are generally worse in the morning, after exercise, and on coming in from the open air.

*Op.*, vertigo on rising up; vertigo with stupidity, as after a debauch; imperfect sleep, with lethargy and puffed face; illusions of the imagination.

*Plat.*, headache that increases gradually and then diminishes in the same way; headache caused by vexation or a fit of passion; spitting of tasteless or sweetish saliva. Sufferings of nervous and hysterical females, which are aggravated during repose and relieved by motion.

*Puls.*, vertigo, worse after stooping, with momentary blindness, staggering and danger of falling; one sided headache; pulsating and shooting pains in the head; sympathetic headache, arising from the stomach; headache every other day; the sufferings are frequently attended with numbness of the limbs, are generally worse in the evening and before midnight. *Puls.* is particularly adapted to the sufferings of good natured people of a gentle disposition.

### MORNING SICKNESS &c.

This common but often times very distressing concomitant of pregnancy, usually begins about six weeks after conception and continues with more or less violence until the sixteenth week. After this time it generally abates, but in some instances it returns from slight provocations to the end of gestation. Nausea and vomiting commonly take place as soon as the patient rises from her bed and very often continue to harass her for two or three hours through the morning. After considerable straining and gagging, a mouthful of tough mucus is thrown up, which at times is so sour, as to set the teeth on edge. There is rarely any food ejected, but occasionally bile is discharged in considerable quantities.

In this connexion may also be noticed the spitting of frothy saliva, and the more profuse salivation, which sometimes attends pregnancy. The frothy saliva which causes the spitting is very white and tenacious; when it falls upon the floor it assumes a circular shape and hence the woman is said to be spitting "fippennybits." In some cases, the salivation is very profuse and attended by heartburn and waterbrash.

*Ars.*, is useful, when there is excessive vomiting after eating or drinking, with attacks of fainting, great weakness, and emaciation.

*Ipec.*, violent vomiting with pains in the pit of the stomach; coated tongue; vomiting of bile; vomiting with thirst; loss of appetite; and, looseness of the bowels.

*Natr. mur.*, in obstinate cases with waterbrash; clawing in the pit of the stomach, which is painful to the touch; acidity of the stomach; salivation; loss of taste and appetite.

*Nux vom.*, vomiting with vertigo, restlessness and ill humour; vomiting of sour mucus; bitter taste in the mouth; continual nausea; heartburn; waterbrash; hiccups; painful sensibility, with pressure in the pit of the stomach as if caused by a stone.

*Puls.*, tongue coated white; insupportable nausea, with desire to vomit; vomiting of sour mucus and food; nausea rising into the throat and mouth; eructations, acid, bitter or with the taste of food; bitter or sour taste in the mouth after eating; nausea after eating; salivation; waterbrash; hiccups; pulsations in the pit of the stomach; frequent inclination to pass water &c.

### PRURITUS.

During the early months but sometimes not until a later period of pregnancy, women are subject to a very troublesome and distressing itching of the vulva or private parts. In almost every case of pregnancy there is an increase of the secretion of mucus of those parts, and in some instances



there is an acridity of the secretion, which gives rise to this complaint. An aphthous efflorescence similar to the thrush of infants, occasionally inerusts the inner surfaces of the labia and adjacent parts in this disease, sometimes the affection penetrates to considerable depth in the direction of the womb. In other instances the aphthous condition is not present, but in place of it, there is a great deal of irritation of the same parts which assume a copper colour, and present a number of slight abrasions. From the whole of the parts labouring under this peculiar irritation, a vitiated watery discharge seems to be almost constantly oozing; the accumulation of which is attended with the most indomitable itching. This disease is not confined to the state of pregnancy but may attack a female at any time; she is most liable to it however during gestation, and at the decline of the menses.

Frequent ablutions with water are very important for the comfort of the patient and at the same time conducive to her recovery.

The principal remedies are *Bry.*, *Carb. veg.*, *Lycop.*, *Puls.*, *Sep.* and *Sil.*

In the aphthous variety, preference should be given to *Carb. veg.* or *Sil.*

*Bry.* and *Lycop.* are applicable in case of dryness and heat in the parts.

*Lycop.* is also applicable when there is a milky ichorous discharge with or without the expulsion of wind from the parts.

*Puls.* is suited to every variety of the disease, especially if it occur at the period of the decline of the menses.

*Sep.*, violent itching with inflammation and swelling of the labia; corrosive leucorrhœa with bearing down; and excoriation about the parts.

A wash made of a solution of borax in water applied locally two or three times a day will generally remove the troublesome symptom of itching in a short time.

## HEARTBURN AND WATERBRASH.

These affections generally go together, and may attack a woman during any part of the period of gestation. They may come on in the early months, and accompany the morning sickness &c., but generally they come on later in the term, and are most troublesome after quickening.

The patient complains of heat in the stomach extending upwards; it is frequently attended with very acid eructations. There is usually a cramp like sensation in the pit of the stomach; rising of a tasteless or bitter fluid, which is sometimes hot and so acrid as to excoriate the throat and mouth. The symptoms are worse after eating, and water frequently turns sour and is regurgitated immediately after drinking.

*Nux vom.*, *Phosph. acid.*, *Puls.* and *Sulph.* are the remedies best adapted to this state of the stomach. For further information see the symptoms under the remedies for morning sickness &c.

*Phosph. acid* is especially useful.

## CONSTIPATION.

Constipation is a very frequent attendant upon pregnancy. Exercise, a diet composed chiefly of vegetables, and drinking freely of cold water will generally relieve it. But if these are not sufficient give *Bry.*, *Lycop.*, *Nux vom.*, *Puls.*, *Op.* or *Sulph.*

## DIARRHŒA.

Diarrhœa is not so common as constipation during pregnancy, but is much more injurious. It should not be suffered to continue long, lest it lead to something more serious. It frequently depends on some accidental cause, on the removal of which the diarrhœa ceases spontaneously.

The best remedies are *Ant. crud.*, *Dulc.*, *Lycop.* and *Sulph.*

## TOOTHACHE.

Toothache is most common in the early months of pregnancy, and is sometimes one of its first symptoms. It is

liable to occur at any time during the term, and usually comes on in paroxysms after longer or shorter intervals. It may attack one or more decayed teeth, or a perfectly sound tooth, or shoot along the jaw without locating in any particular tooth. The pain partakes of the nature of neuralgia. Consult a physician before having teeth extracted under such circumstances.

The most successful remedies are, *Acon.*, *Bell.*, *Calc.*, *Cham.*, *Nux vom.*, *Puls.* and *Staph.*

### VARICOSE VEINS.

This disease consists of a dilatation and distension of the veins. It is not confined to a state of pregnancy, but may exist at any time in the female, and occasionally is met with in the male sex. Still the disease is so frequently met with in women during pregnancy that it may be considered as a disease almost peculiar to this state. It rarely occurs in a first pregnancy, and then it appears for the first time, it does not commonly occur until after the period of quickening; but in subsequent pregnancies it is apt to take place in the early months.

Varicose veins generally appear first about the ankle, and are frequently confined to the leg below the knee, but occasionally the veins of the entire lower extremity are involved. The affection may be confined to one limb, or both may be included. Oedema or general swelling of the feet and lower limbs may attend this complaint or exist without it.

The enlarged veins are generally superficial, and at first assume a reddish hue, but afterwards a bluish or leaden color, and the larger ones become very much knotted; they get larger when the patient stands on her feet or suffers the limb to hang down, and the swelling decreases when she lies down.

When moderate it is not painful, but if it continues to increase it may become so, and ultimately the veins may burst

and the blood be effused beneath the skin or poured out externally. As the disease is produced by a mechanical cause, after delivery the pressure being removed the veins very soon regain their natural size and the swelling disappears.

If the distention is great and the disease be very painful, rest in the recumbent posture will be necessary. If the woman is obliged to be on her feet much, she will find great relief from having the limb bandaged or wearing the laced stocking. If the bandage or laced stocking is used, it should be applied in the morning, when the veins are least distended, beginning at the toes and progressing upwards.

In addition to the above mechanical means the following medicines may be given with advantage, namely: *Arn.*, *Lycop.*, *Nux vom.* and *Puls.*

### HEMORRHOIDS OR PILES.

Although this disease is not by any means peculiar to pregnancy alone, yet it often arises in persons while in this state who are not subject to it at any other time, from the pressure of the gravid uterus and a torpid condition of the abdominal viscera.

Piles consist of one or more small vascular tumours about the anus. When severe they enlarge to the size of marbles and form a cluster like a compact bunch of grapes, of a purplish hue, are very painful and sensitive to the touch. When they occupy the lower part of the rectum within the anus they are called inward piles, and when they protrude they are called external piles. If there is no discharge from them they are called blind piles, and when there is a discharge from them they are called bleeding piles.

A patient who is liable to piles or somewhat afflicted with them should neither sit too much nor stand on her feet long at a time, but take plenty of exercise, drink freely of cold water, and abstain from all rich food and stimulating drinks.



During a paroxysm of suffering from them it will be expedient for her to lie down and choose for herself the easiest position. As a local application place a folded napkin wet in cold water next to them and lay a dry one folded in like manner over it and repeat the process as occasion may require. Any animal oil or a muceilage made by soaking quince seeds in water and applied will frequently give temporary relief, but for more permanent benefit we must resort to one or more of the following medicines according to the symptoms, namely, *Acon.*, *Bell.*, *Ign.*, *Nux vom.* and *Sulph.*

*Acon.*, is applicable when there is bleeding, with cutting or pricking pains, and pressure at the anus; fulness in the abdomen, with tightness and colic; and, pain in the small of the back as if it was broken.

*Bell.*, when the bleeding continues for several days with itching of the anus, and soreness when walking; tumours large with bearing down; pain in the back as if it would break. *Bell.* is especially indicated if the patient have taken sulphur in large doses under old school treatment in previous attacks.

*Ign.*, constipation with ineffectual efforts at stool; body comes down; protrusion of the piles, during a laxative evacuation with discharge of bloody mucus; painful pressure after stool; contractive feeling in the anus; itching and crawling in the anus.

*Nux vom.*, is applicable for both blind and bleeding piles, attended by constipation and frequent ineffectual efforts at stool, with a sensation as if the anus were contracted, or closed; burning and pricking pain in the tumours; itching in the anus; colicky pains in the abdomen; determination to the head; frequent painful urination; worse after mental labour and after a meal. Particularly adapted to persons of sedentary habits, and who use much coffee.

*Sulph.*, when there is alternate constipation and diarrhœa; sensation of excoriation with itching and burning at the anus;

frequent protrusion of the tumours; fulness of the head; sour stomach; dyspepsia; painful urination; morning diarrhoea, with bearing down and protrusion of the rectum. In obstinate cases, give *Nux vom.* and *Sulph.*, alternately, night and morning.

### PAIN IN THE RIGHT SIDE.

After the fifth month of pregnancy, some women are attacked with a deep seated pain in the right side under the ribs. The sensation is that of constant acheing, attended with heat. The patient cannot sit long at a time. The pain gets easier after being in bed for an hour or two at night. It generally leaves after the beginning of the eighth month. Short women, particularly in their first pregnancies, are most likely to suffer from this complaint.

*Acon.*, *Cham.* or *Puls.* will generally remove the symptoms.

### C R A M P S.

This very annoying affection, is mostly worse about the fourth and fifth months, and again towards the end of pregnancy.

Cramps may attack the muscles of the abdomen, the back, the hips and the lower extremities.

For cramps in the muscles of the abdomen take *Bell.*, *Hyosc.*, *Nux vom.* or *Puls.*

When they attack the back take *Ign.*, *Op.* or *Rhus.*

Hips, *Coloc.*, *Graph.* or *Stram.*

Thighs, *Hyosc.*

Legs, *Calc. carb.*, *Cham.*, *Nux vom.*, if after midnight, or *Sulph.*, if in the evening.

Feet, *Calc. carb.*

### INCONTINENCE OF URINE.

This very distressing complaint may occur at any time during pregnancy, but perhaps is most common during the early

months. If the inclination is not attended to immediately, the urine is discharged involuntarily. The urine is frequently very acrid and possessed of a strong odour.

The best remedies are, *Bell.*, *Cin.*, *Puls.*, *Sil.* and *Stram.*

### PAINFUL URINATION.

This concomitant of pregnancy is relieved by *Cocc.*, *Phosph. acid.*, *Puls.*, *Nux vom.* or *Sulph.*

### SLEEPLESSNESS.

Towards the latter end of pregnancy, many women to use their own expression, become so fidgety at night, that they cannot sleep. This condition is often attended with sleepiness, but just as sleep is approaching, the limbs jerk or restlessness suddenly comes over the patient, and she is obliged to move, which dissipates for a little time the disposition to sleep. Some can sleep well enough in the day time.

Air and exercise not carried to the extent of producing fatigue are the best preventatives.

*Bell.*, *Coff.*, *Hyosc.*, *Lycop.*, *Nux vom.* and *Op.* are the best remedies.

### MELANCHOLY.

Under this head may also be included, *Despondency*, *Hypochondriasis*, *Lowness of Spirits* &c. It is not my intention here to enter upon a long detail of symptoms, but I would make a lump job of it, by saying that the unfortunate subject of this unhappy state of mind, always looks on the dark side of the picture, and sees every thing through an unfavourable medium. She seems to realize in her own feelings every unpropitious symptom she ever heard of, and is even afraid that something still worse awaits her. Gossips and injudicious friends, frequently unwittingly contribute to this morbid state of feeling, by relating an account of accidents and unhappy issues which perhaps never occurred.

*Acon.*, if the fear of death be predominant; and if the unhappy state of mind have been caused by fright.

*Aur.*, melancholy with desire for death; irresistable desire to weep; anguish of mind which prompts one to commit suicide; despondency; weakness of the memory and intellectual faculties.

*Bell.*, great agitation and inquietude at night; fearfulness, with inclination to run away or hide; fear of ghosts; involuntary laughter; disposition to laugh and sing, or to become furious with rage; dread of exertion; illusions of the senses, frightful visions &c.

*Puls.*, sadness and tears; oppressed with a multitude of cares; distress in the pit of the stomach; sleeplessness, headache and heartburn; she sits in a taciturn mood, folds her hands upon her lap and says foolish things; moroseness with repugnancy to conversation.

*Sulph.*, depression of spirits, with great concern on the subject of religion; despair of salvation; forgetfulness of proper names, and especially of words when about to speak them; disposition to get angry.

### FAINTING AND HYSTERIC FITS.

These affections may take place at any time during the period of gestation, but they are most apt to occur about the time of quickening. Robust women may have them, but such attacks are generally confined to the nervous and delicate. The patient first feels a sensation of languor with inclination to yawn; every thing appears to turn round; her sight becomes obscure; buzzing and ringing in the ears; her face turns pale; she sighs and becomes insensible. There are no convulsive motions, no choking with noise in the throat and no biting of the tongue as in epileptic fits.

They may be caused by fright, anger and alarm of any kind, and sometimes they occur without any external exciting cause.



*Acon.*, *Cham.* or *Ign.*, if they are caused by a fit of passion or fright.

*Bell.*, when there is determination of blood to the head, with flushed face; heat of the head, with coldness of the extremities.

*Ign.*, when there is severe headache; nausea and fainting; chilliness with paleness of the face; the patient can bear neither light nor noise; distention of the abdomen. If the spells are protracted, or recur repeatedly, dissolve a few pellets of *Ign.* in water and give the patient a teaspoonful every ten minutes until she is better.

*Puls.*, when there is a disposition to shed tears; and, in persons of great nervous susceptibility.

### MISCARRIAGE AND FLOODING.

On account of the very intimate association of these two diseases of pregnancy, I have concluded to give their treatment conjointly. If they were treated of separately, there would be frequent repetitions of the same symptoms.

Abortion may frequently be prevented even after flooding and labour pains have commenced; and, in cases where this cannot be done the sufferings of the patient may be very much mitigated, and the evil consequences partially avoided. It may occur at any period of gestation, but is most frequent at the third month. If it occurs after the sixth month, it is called premature labour. It may result from accidental causes, constitutional predisposition, or some latent disease.

*Arn.*, if it is caused by a blow, lifting heavy weights, overreaching, a fall, or any other violent concussion. When pains which bear down heavily, or real labour pains make their appearance, with a mixed discharge from the vagina.

*Bell.*, when there are violent pressing pains, with tension in the whole abdomen, particularly low down with the feeling as if the private parts would fall out, which is characteristic for *Bell.*; pain in the small of the back, as if it would break;

the patient is pale and restless, or her face is flushed, and she is stupid; heat about the head; thirst; palpitation; the discharge is neither very dark, nor very bright red.

*Bry.*, if the discharge is of a dark colour, in large quantities, with pain in the small of the back; headache, particularly in the temples, as if the head would burst; especially, if constipation attend.

*Cham.*, when there are violent pains going from the back around the stomach, resembling an inclination to evacuate the bowels, or water; the pains are periodical, like labour pains, and each one is followed by a dark and coagulated discharge; much thirst; and, coldness of the extremities.

*Chin.*, is very important in the most dangerous cases of flooding; when heaviness of the head, giddiness, loss of consciousness and drowsiness appear; sudden weakness; coldness of the extremities; fainting; paleness of the face; convulsions of the mouth; contortions of the eyes; the face and hands turn blue; single jerks pass through the whole body; the discharge passes by starts, and may be either thin and bright red or dark and coagulated; the cramp-like contraction is attended with a painful sensation of bearing down towards the anus, and the discharge is increased at every pain. During the administration of this remedy cloths dipped in vinegar and water may be applied to the lower part of the stomach. Afterwards a little wine and water may be given. *Chin.* always answers well for the debility, and other troublesome symptoms which sometimes remain, after the flooding has ceased. Should there be colicky pains, with frequent inclination to pass water and sore tension of the abdomen afterwards, give *Acon.*

*Hyosc.*, when there are spasmodic affections of the whole body or jerking of single limbs, sometimes followed by stiffness of the joints, and loss of consciousness, attended with a light red discharge, which is worse during the spasms and at night. The pains resemble labour pains with drawing in the

thighs, and small of the back; heat over the whole body with quick, full pulse, with fulness of the veins on the backs of the hands and in the face; great uneasiness; excessive liveliness; trembling over the whole body; numbness of the limbs; darkness before the eyes; delirium; and, twitching of the sinews at the wrists.

*Ipec.*, when the threatened miscarriage is attended with spasmodic affections, without loss of consciousness; copious flooding; the discharge flows without interruption but is worse during motion with cutting pains around the navel, and great pressure downwards; chills, and coldness of the body; internal heat rising towards the head; great weakness, and inclination to lie down.

*Nux vom.*, threatened abortion, particularly about the third month; spasmodic pains, accompanied with ineffectual urging to stool; the pains are accompanied with nausea, and sometimes faintness; strong bearing down, with frequent inclination to pass water; and, heat in the private parts. Discharge of mucus.

*Plat.*, when the discharge is dark, thick, and sometimes coagulated; the pain in the back draws towards the groins with pressing down internally to the private parts, which are excessively sensitive. Particularly applicable where mental emotions are the cause.

*Administration.* On the first appearance of the premonitory symptoms of miscarriage, the patient should keep quiet or go to bed, release her mind from care, avoid exciting conversation, and live on a light diet. Select the remedy according to the symptoms, and if no better in a few hours or the next day after taking the first dose, repeat it again. But if no improvement follow the second dose, select another remedy. If better, take nothing more so long as the improvement continues; if the symptoms return, repeat the last remedy once more, before selecting another. If the symptoms are urgent or the flooding severe, dissolve about ten pellets

in a wineglass full of water and take a teaspoonful every half hour or not so often according to the necessity of the case, increasing the interval as the symptoms improve, and discontinue the medicine when the flooding ceases.

### BREASTS.

A great deal of suffering from sore breasts after delivery, may be saved by paying a little attention to them, for a few months previous to confinement. Women are most liable to suffer in this way, with first children. During the progress of gestation, especially with first children, and in quite young women, the breasts increase very much in size, the areolæ assume a darker colour, and the nipples become enlarged, and project more than they had done previously. This change in the size and condition of the nipples is often attended with some pain, and a great deal of tenderness. Excoriation, inflammation, cracks, branny exfoliations, and very minute abscesses around them, are the most common diseases, to which the nipples are liable during pregnancy.

For two or three months in the latter part of pregnancy, the whole breasts should be well bathed with cold water every morning, and rendered perfectly dry afterwards, with crass towels. For simple excoriation, or tenderness of the nipples, they may be washed two or three times a day, with water containing a few drops of the tincture of Arn., or with brandy. In some instances a little tincture of myrrh, may be added to the brandy with advantage. For the other diseases of the nipples above mentioned, the following medicines should be administered internally, according to the indications.

*Cham.*, if the nipples be highly inflamed, and ache like toothache. Also *Sil.* and *Sulph.*

*Sulph.*, for burning, itching, swelling, cracks, branny eruption, and the minute abscesses or pimples, around the nipples. *Graph.*, *Lycop.* and *Merc. viv.* also are sometimes necessary.



## L A B O U R.

The process of giving birth to a child is called labour. The average duration of gestation, is thirty nine weeks. There are three cardinal points from which if they occur at the usual time, and in regular succession, a correct "reckoning" may be kept, and the time of labour fixed with considerable certainty.

1. The time of the last period of menstruation.
2. The commencement of morning sickness — six weeks after conception.
3. Quickening, at half way — one hundred and thirty five days from quickening to labour. Moreover, the stomach gets lower after the eighth month, and the woman is smaller around the waist, the last month of her pregnancy, than she had been for six weeks previously.

Labour is ushered in by a few premonitory signs. One very common and very good one, is looseness of the bowels, sometimes for a day or two before. Various nervous symptoms, such as agitation without apparent cause, disposition to shed tears without distress; in other instances lowness of spirits, occasionally precedes labour. Flying pains through the stomach, with frequent inclination to pass water, and finally a discharge of mucus tinged with red, technically called "a show" takes place. Then come pains at intervals of longer or shorter duration, and frequently rigors or trembling without coldness.

Were it not for the acquired habits of civilized life, the process of child-bearing would be divested of much of the suffering and danger, which now so commonly attend it as almost to lead us to consider them natural concomitants. It is almost unattended with pain among savages. It would not be wise, neither is it necessary to return to savage life in order to get rid of the ills of child bearing; but let the women in civilized life pay more attention to the natural means, both moral and physical of developing their whole being — live

more usefully and less artifiially, than they now do, in deforming themselves in order to make what they call a "fine figure", and in a few generations, many of the difficulties which now exist will have disappeared.

It is not intended here to go into a minute description of the process of labour, nor to give any specific directions for its management, as I cannot suppose that any sensible person who is not qualified, would have the temerity to undertake the care of a case unless placed under very peculiar circumstances. Some of the deviations from the natural course, however, may be noticed with their appropriate treatment.

### *Ineffectual Pains.*

*Cham.*, when there is over-excitement, and excessive sensibility to pain; and anguish, and discouragement with tossing about.

*Coff.*, if the pains are excessively violent, with great mental and general nervous excitement; and, over sensitiveness.

*Nux vom.*, when the pains are irregular, and the labour does not seem to progress; drawing in the back and thighs with pressure downward, and constant inclination to evacuate the bowels, and to pass water.

*Op.*, is especially suitable in women of a full habit, if the pains suddenly cease, and determination to the head, with redness and fulness of the face, with a state of stupor take place.

*Puls.*, if the pains are too weak, and too far apart, or if they become weaker, as from inactivity of the womb.

### AFTER DELIVERY.

A patient should not be disturbed immediately after delivery, except so far as is absolutely necessary in the application of the bandage and to render her situation as comfortable otherwise, as circumstances will admit of. She should be allowed to rest for an hour or two, and then if no unfavour-

able symptoms be present to forbid it, she may be "put to bed." If she complain of general soreness from violent, or long continued exertion, give her two doses of *Arn.* internally, three or four hours apart, or if that should not be sufficient give *Rhus* in the same way. If she complain of much soreness or pain locally, *Arn.* may be applied externally, in the form of lotion, prepared by mixing twenty drops of the tincture in a tumbler full of water.

*Coff.*, if she cannot sleep from nervous excitement with restlessness and tossing about.

### FLOODING AFTER DELIVERY.

*Bell.*, when the flooding is attended with violent pressure downwards in the internal organs, as if they would be forced out; and, pain in the small of the back.

*Cham.*, if the discharge take place at intervals with pains running round the abdomen; constant thirst; paleness of the face; and, coldness of the extremities.

*Chin.*, when the same symptoms exist as are enumerated under *Cham.*, and in addition thereto; vertigo; dulness of the senses; desire for fresh air, and fainting. This remedy is also suitable for the debility and want of energy, after the flooding has ceased.

*Ipec.*, when the discharge is bright red and constant, with cutting pains in the middle of the abdomen; bearing down; nausea with great prostration of strength; and, a desire to be fanned.

### AFTER PAINS.

After pains rarely occur with first children, and generally, they are but slight until the third or fourth. Some women never have them of any account, and others have them severely in every confinement. Something may be done towards preventing them by patience and a little judicious

management, on the part of the practitioner during labour. But, frequently they occur after the most skilful management.

*Arn.*, if a sensation of soreness accompanies the pains, with pressure on the bladder, and retention of urine.

*Bell.*, for the kind of bearing down so characteristic for *Bell.* and so often mentioned, with fulness about the head and strong inclination without the ability to sleep; also, tenderness and fulness of the abdomen.

*Cham.* or *Coff.*, if nervous excitement with restlessness and tossing about, prevail.

*Nux vom.*, when the pains are acheing, and more of the colicky kind, with violent contractions in the womb, and sometimes followed by nausea. This remedy is always suitable for excitable and hasty persons.

*Puls.*, in persons of a mild temperament; severe colicky pains, extending to the back; desire to vomit; sour taste; bearing down; nervousness with disposition to shed tears. In severe cases, *Nux vom.* and *Puls.* may be given alternately in water, with very good effect.

*Puls.* is very important, when the placenta is retained too long.

### OF THE LOCHIA.

The discharges which take place after delivery, are called lochia. If the quantity be excessive, it is similar to hemorrhage or flooding, and, in that case see the remedies for flooding, after delivery. After the first day or two, until about the tenth day, these discharges in appearance and quantity are something like the discharge of menstruation. In a majority of cases, the red colour leaves about the tenth day, and a yellowish discharge follows for a few days, which is often succeeded in its turn, by a whitish or mucous discharge. After the woman begins to move about the house, the lochial discharge is apt to be renewed for a few days, and, then take its final leave.



If the lochia continue too long, or should be too profuse and full red; give *Acon.* in water, night and morning for two days. But, if that should not be sufficient, give *Culc. carb.* twice, dry. If it still continue, consult the remedies for flooding, after delivery.

*Bry.*, for suppression of the lochia with headache; fulness and heaviness of the head, with pressure in the forehead, and temples; throbbing pains in the head, increased by motion; backache, with scanty emission of hot urine. Give one dose of the medicine then wait twelve hours, and, if no better repeat it, once.

*Plat.*, if the suppression be the result of some mental emotion, with dryness, and over-sensitiveness of the sexual organs.

*Puls.*, if the suppression be sudden, from any accidental cause with feverish excitement, with or without thirst; one sided headache; oppression of the chest; partial heat of the upper part of the body, with coldness of feet; frequent inclination to pass water; the symptoms being worse in the evening, and better in the morning. This remedy is also suitable for a diminution, if there be not an entire suppression of the discharge.

*Rhus*, for a variety of unhealthy lochiæ, if the discharge be offensive, black and watery, with shootings up the rectum; sharp pains shooting through the head, which feels as if it were too large; the head is worse when lying, and better after rising.

### COMING OF THE MILK.

Except in very few instances, the mother has no milk, at the time of the birth of the child. Milk generally makes its appearance on the third day, sometimes earlier and sometimes later. Previous to the formation of milk, the breasts enlarge more or less, and sometimes to such an extent as to give rise to a great deal of suffering, especially with first

children. Care should be taken not to bruise the breasts, at this time by rudely rubbing them, or officiousness in drawing them, in order to get out the "caked" milk. The state of turgescence which precedes the secretion of milk, is widely different, and must be distinguished from the state of distention of the breasts, which follows the secretion.

*Acon.*, if the breasts be hard and knotted; dry and hot skin; redness of the face; the patient is restless and discouraged. Give the medicine in water every four hours, until the symptoms are relieved, and then stop it.

*Bry.*, should be given after *Acon.*, if that remedy mitigates the symptoms, but does not remove them, or, if some of them disappear and others remain.

*Bell.*, may be given after *Bry.*, or alternately with it, if a portion of the same group of symptoms, still continue.

*Calc. carb.*, is especially suitable if there be a deficiency in the secretion of milk in the out-set, or fulness and enlargement of the breasts, with tardiness in the formation of milk. This remedy is also most important when the milk runs out too easy.

*Cham.*, is suitable if there be excessive sensibility of the nervous system, with restlessness; tenderness of the breasts; and, inflammation of the nipples, so that the milk cannot run out.

*Puls.*, when the secretion of milk is interrupted, or entirely suppressed; threatening symptoms of child-bed fever. This medicine exercises a healthful influence over the female constitution, in almost every deviation from the natural course, during the entire period of nursing. It is also very effectual in re-establishing the equilibrium of the organism at the time of weaning.

*Rhus*, in painful distention of the breasts, with rheumatic pains throughout the system; swelling, heat and hardness of the breasts, causing headache, stiffness of the joints, and other constitutional disturbance. *Rhus* is very serviceable in ward-

ing off the ill consequences of a suppression of milk, and also at the time of weaning.

As local applications, I frequently direct the breasts to be bathed with hot lard, and then enveloped in raw cotton.

### SORE NIPPLES.

*Arn.*, in the form of lotion, made by dissolving five drops of the tincture in a wineglassful of water, and bathing the nipples several times a day, is very effectual in removing the tenderness and excoriation consequent upon the first few applications of the child's mouth. Be careful to moisten the nipple with saliva or mucilage, before giving it to the child.

*Cham.*, for inflammation, swelling, and ulceration of the nipples.

*Graph.*, for burning, acheing, cracking and tenderness of the nipples.

*Sulph.*, when the nipples are sore and deeply chapped; the chaps bleed, and burn like fire; deep fissures around the base of the nipples. In difficult cases one of the following medicines may be given alternately with *Sulph.*, night and morning, viz: *Calc.*, *Lycop.*, *Merc. viv.* or *Sil.*

### GATHERED BREASTS.

During the entire period of lactation, the breasts are more or less liable to inflammation, and suppuration. Abscesses sometimes form, from mechanical injuries, and needless exposure, in the breasts of unmarried women.

*Bell.*, is indicated if the breasts be swollen and hard, with shooting and tearing pains, and redness which radiates from a central point.

*Bry.*, when the breasts are too full of milk, hard, and feel heavy, like the weight of a stone, with shooting pains; dry skin and other feverish symptoms. *Bry.* and *Bell.* can frequently be given alternately, with very great advantage.

*Hep.*, after the administration of *Bell.* and *Bry.*, if the swelling continue, and especially if throbbings made their appearance.

*Phosph.*, when the foregoing remedies have not been sufficient to arrest the progress of the inflammation, but suppuration having established itself, the abscess is discharged through fistulous openings which are not disposed to heal.

*Sulph.*, if the discharge of matter be profuse, with chilliness through the forenoon, and feverish heat with flushed cheeks in the afternoon.

### STATE OF THE BOWELS.

It is perfectly natural for the bowels to remain without being moved, for a few days after delivery. In a majority of cases, the bowels move about the fifth day. In no case should purgative medicine be given during confinement. If headache, pain in the bowels, or other symptoms of costiveness appear, give one dose of *Bry.* in the evening and another in the morning. Should there be no change by the following evening give a dose of *Nux vom.* in water, and a dose of *Sulph.* next morning. Should these remedies not procure an evacuation, and the unpleasant symptoms remain, give an injection of luke warm water.

If diarrhœa should occur during confinement *Dulc.*, *Phosph. acid.*, or *Rheum*, will be found to control it without difficulty.

### RETENTION OF URINE.

In retention and painful emission of urine after delivery, *Arn.*, *Bell.*, *Nux vom.* or *Puls.* will generally suffice to procure a free emission; sitting over a chamber which contains warm water is sometimes useful.

### DURATION OF CONFINEMENT.

For the first four or five days after delivery a woman should remain quiet in bed, keep her mind free from excite-



ment, and live on gruel, panada, toast and black tea or other similar articles, and drink cold water. Afterwards should no untoward symptoms be present, she may rise daily to have her bed made, and gradually return to her ordinary diet. The first two weeks should be chiefly spent in bed, or at least in the recumbent posture; during which time visitors ought not to be admitted. A woman ought not to leave her room before three weeks, and never go up or down stairs before four weeks after her confinement.

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## CHAPTER XII.

## TREATMENT OF CHILDREN.

## RECEPTION AT BIRTH.

In case a child is born before the arrival of the accoucheur, some person should place it in a proper position to breathe; and if the cord be coiled round the neck, body or limbs of the child, it should be disengaged, in order that the circulation between the mother and child may not be interrupted before respiration is fully established, in the latter. Remove the child a little out of the discharges, so that the face at least may be free, and if the mouth or nostrils are obstructed by mucus, cleanse them with a napkin or piece of fine linen wrapped round the little finger. When these things are attended to, if the child be healthy and robust it will cry lustily; and its skin will change from a light, or leaden hue, to a pink, or rose colour. There is now no further cause for alarm as both mother and child may remain in this situation for an hour or two without danger. If however, the child should be feeble, or have been delayed long in the birth, or either of the causes above mentioned have operated to prevent it from breathing, and after the above directions shall have been fol-

lowed, respiration do not yet take place, wrap the child's body and limbs in warm flannel or napkins, and apply cold water, or cold spirits to its breast with the palm of the hand; should this not succeed, place your mouth over the child's mouth and gently blow so as to inflate the lungs, closing the child's nostrils at the same time between your thumb and finger, to keep the air from passing out through its nose. If pulsation be felt in the cord, and the beating of the child's heart be perceptible, have a little patience and all will be well.

After respiration is fully established with the child, and, pulsation have ceased in the cord and not before, the child may be removed. In order to do this, take a string made of sewing thread doubled and twisted, which is best, or in place of that a piece of narrow tape or round bobbin of sufficient strength will answer. Wrap the string *once* round the cord about an inch and a half from the child's stomach and tie it securely in a hard knot, cut off the loose ends of the string, and tie one of them round the cord three quarters of an inch further up, and then cut the cord with a pair of scissors, between the two ligatures.

The child may be received in a blanket or sheet which should be warmed, for the purpose.

### WASHING THE CHILD.

The body of almost every new-born babe is more or less covered with a white unctuous matter, which adheres to it with great tenacity. The best method of removing it is by rubbing the covered parts of the child, freely with hogs lard, until the two substances become completely incorporated, when they are easily removed by a piece of flannel which should always be used as a wash rag. When the skin is freed from the unctuous matter, a little fine soap may be used to get rid of the grease. After the child has been carefully washed which should be well done the first time, its skin should be rendered perfectly dry with a fine napkin. The

reprehensible practise of bathing children in spirits should always be prohibited.

### DRESSING OF THE NAVEL.

This is to be done by folding a piece of linen or muslin until it is about six inches long and three wide, consisting of four or six thicknesses, in which a hole is to be cut and the cord passed through. The cord is then to have another strip of linen or muslin wrapped round it as you would wrap up a sore finger. The first piece of linen or muslin lying lengthwise of the child's body, the end of the cord now wrapped is to be laid up towards the child's breast, and the lower end of the first piece is to be folded over it, and the whole secured by the belly-band, which should always be made of a strip of flannel, without either heming or lining. The navel usually comes off from the fifth to the eighth day.

### OF THE MECONIUM.

In most cases the child's bowels are moved a few hours after birth. The substance discharged is of a dark bottle green colour and is called Meconium. To aid the discharge of the meconium and to clear the throat of mucus it is allowable to give the child two or three teaspoonfuls of warm water sweetened with brown sugar. The first milk has a tendency to promote the object. The colour of the stools generally changes to yellow about the fifth day.

If the bowels should not be moved as freely or as frequently in the few first days as they ought to be and the child be restless, give a dose of *Nux vom.* at night and if necessary a dose of *Cham.* the next day.

### PUTTING THE CHILD TO THE BREAST.

After the lapse of ten or twelve hours or sooner if the mother have milk, the child may be put to the breast, after carefully moistening the nipple as before directed. In a ma-

jority of cases it is best to comply with the above direction for the reasons, that it learns the child to suck, softens the nipple; and invites an early flow of milk. The mother's milk is the most natural food for the child, but when this cannot be procured and a substitute becomes necessary, we ought to imitate it as near as we can. For this purpose take fresh milk from one cow, add one third warm water and sweeten it with a little loaf sugar. Of this a child may take a few teaspoonfuls at a time, as often as may be necessary. Never give a new born infant cracker victuals, gruel, pap, panada, or other cooked food. Every infant should have a teaspoonful or two of cold water given to it every day, or several times a day, if the water agrees with it.

#### ELONGATION OF THE HEAD.

In first children and after other tedious and protracted labours it is common to find a tumor on the back of the child's head, giving it the appearance of being elongated. The repeated application of cold water with a few drops of the tincture of *Arn.* dissolved in it will remove the trouble in a few days.

#### INFLAMMATION OF THE EYES.

Very young infants are subject to inflammation of the eyes; sometimes the lids only are affected, at other times the lids and eye-balls are both involved. The eyes should not be exposed to too strong a light, and the child should be kept out of every draft of air, as light and cold are the most common, although not the only causes of the disease.

*Acon.*, when cold or exposure to the light is the cause; when the whole eye is very red, and runs a great deal.

*Bell.*, when the whites of the eyes are very red, and present a blood-shot appearance, or there is bleeding from the eye-lids; and the child cannot bear the light.



*Cham.*, if the eyes bleed, are swelled, and, are closed in the morning.

*Euphr.*, when the eyes are very much gumed up and run acrid yellow water; and, the child cannot bear the light.

*Rhus*, is very important in scrofulous children, and where the lids are principally affected.

### SNIFFLES.

Infants are often attacked with a kind of catarrh, or obstruction of the nose, which prevents them from breathing whilst they are sucking. Give *Nux vom.* at night and if this does not give relief by the next morning, give *Samb.*, and repeat it every six or eight hours, until relief follows. If the nose runs water, give *Cham.*

### SORE MOUTH.

Baby's sore mouth is also called Thrush, and Aphthæ. It runs in families, and is apt to make its appearance towards the latter end of the second week. Much may be done to prevent this troublesome complaint by proper attention to cleanliness. A child should be thoroughly washed every day, in slightly tepid water, and the mouth cleansed with cold water on a piece of fine linen rag, and afterwards the child should be allowed to suck the rag wet with the cold water. Give two doses of *Merc. viv.*, twelve hours apart and wait a couple of days and if it does not disappear give *Sulph.* in the same way.

*Bry.* and *Nux vom.*, are also called for in some cases.

The common domestic remedy is equal parts of Borax and loaf sugar finely pulverized, and a pinch of it put into the child's mouth three or four times a day. In many cases it answers very well, but it should not be pushed too far.

### JAUNDICE.

The skin of children for some time after birth, being very delicate and vascular, is consequently much redder than it is

when they are more advanced. During the transition from the red to a paler colour, the skin often assumes a yellowness, somewhat resembling jaundice; but this does not constitute the disease. This yellow tint may continue for a few days, without being attended by any other symptom, and then disappear spontaneously. Although the skin be yellow, if the child is not sick, and the secretions be natural, there is no need of medicine.

But, if in addition to the yellowness of the skin, the whites of the eyes, the secretion of tears and urine be yellow, and the evacuations from the bowels be paler than natural, or of a clay colour; if, the abdomen swell; if, the child be fretful and moan frequently, there need be no further delay: the child is sick, and requires treatment. Give a dose of *Cham.* in the evening, and a dose of *Merc. viv.* in the morning, then wait twenty four hours, and if the child is not better, send for a homœopathic physician.

### OF THE GUM.

This, for the most part is an artificial disease. It consists of a crop of red pimples, more or less extensive and numerous; it generally occupies the face, neck, and arms; other parts also are visited by it. Bathe the child properly, do not keep it too warm and give it no *saffron*, *sweet marjoram* or *cat-nep* tea and it will not be much troubled with the gum. Should a few spots make their appearance, give a dose or two of *Rhus*, and if they should not disappear in three or four days, give *Sulph.*

### RETENTION OF URINE.

Young infants are frequently the subjects of this complaint. Dissolve a few pellets of *Acon.* in a wineglass full of water, and give the child a portion of it, every two or three hours until relief is obtained. Should this fail give *Nux vom.* or *Puls.* in the same way.

## PROFUSE URINATION.

Occasionally young children have frequent and profuse emissions of colourless and inodorous urine. They are apt to be pale and fretful during its continuance.

*Phosph. acid* or *Sil.* are the appropriate remedies.

## CONSTIPATION.

If the evacuations have the natural color and consistency although they should not occur so frequently as would be desirable, it is not always the part of wisdom to interfere, by giving medicine. If left to themselves they will often return to the natural state, but if collateral symptoms arise we must give medicine. *Bry.*, *Calc.*, *Nux vom.* and *Op.* are oftener indicated than other remedies, and will generally produce a change.

It often happens that the constipation or diarrhœa of a child depends upon the mother or the nurse, and in that case the medicine should be given to them, so as to operate on the child, through the medium of the milk.

## DIARRHŒA.

The diarrhœa of infants will not always yield to the medicines which are successful at other periods.

*Bell.*, if the child sleeps a great deal, but is uneasy; paleness of the face; every time the child is changed the napkin is found to be soiled by a small greenish discharge.

*Cham.*, when the evacuations are watery, and greenish, or like beaten-up eggs, and worse at night; the stools are attended with straining, and redness of the child's face; frequent small green stools with restlessness.

*Rheum*, in diarrhœa arising from acidity, attended with cries, colic and straining; bearing down without stool; the evacuations are frothy, sometimes slimy, and smell sour; the child smells sour notwithstanding the greatest attention to cleanliness.

## COLIC.

Infants and especially those of feeble constitutions are troubled with colic in the month. It may arise from constitutional peculiarity, or, from improper feeding of the child and from improprieties on the part of the mother — either errors of diet, exposure to cold, or suffering of any kind that will interfere with the healthy secretion of milk. If the child's food disagrees with it, it is apt to exhibit signs of pain soon after feeding it. The attacks may be so severe and frequent as almost to wear out both mother and child. Diarrhœa frequently attends it.

There is another species of colic, to which some of the most robust and otherwise healthy children, are subject. It is periodical in its attacks which usually occur at five or six o'clock in the afternoon. This species is often attended with costiveness, but frequently the state of the bowels is unchanged. The complaint does not interfere with the growth or general health of the child, and usually stops when the child is about three months old.

Whatever may be the cause of colic in children it should be sought out and if possible removed.

*Cham.*, if the pain be attended with looseness of the bowels; yellowish green and watery discharges; distention of the abdomen, writhing pain, constant crying and drawing up of the legs with coldness of the feet. The medicine may be given in water, and frequently repeated until the child is relieved.

*Chin.*, when the pains come on late in the afternoon, with hardness of the abdomen; the child screams, and laughs immediately afterwards; the bowels may be in a healthy state, or the stools may be whitish and curdled.

*Ipec.*, when the cries of the child are sharp, as if the pains were of the cutting kind; fermented stools of a putrid odour. This medicine is well adapted to the various ailments of the stomach and bowels, of young children.



*Puls.*, is very useful in flatulent colic, especially if it occur in the evening or every other day accompanied with shiverings, and paleness of the face; rumbling of wind through the bowels with tenderness of the abdomen.

### CRYING OF INFANTS.

An infant is not always in pain when it cries. This is the language by which it makes known its wants. It may be hungry or need changing. Young infants should never be obliged to lie in one position longer than an hour or two at a time. They should be placed on the side to sleep and turned over occasionally.

Although the above be true, we are not to think that children never have pain when they cry. An experienced ear can generally perceive a difference in the tone, and in that way determine whether the child have pain or not. If a child continue to cry and will not be pacified, the cause should be diligently sought for — a pin may be pricking it, or its clothes may be too tight or it may have pain somewhere.

*Bell.*, if the child continues to cry for a long time without any apparent cause, or starts out of its sleep and cries. If *Bell.* should not succeed, and there be uneasiness with heat, give a dose of *Acon.* or *Coff.*

*Cham.*, when the child cries, and is restless, with frequent startings, or there is reason to believe it has earache or headache, and cries when it is moved.

### RESTLESSNESS AND WAKEFULNESS.

Restlessness and inability to sleep are generally produced by injurious food being given to the child, or by the mother drinking green tea, and coffee, or using other improper articles of diet.

*Bell.*, if the child seems inclined to sleep and cannot sleep, but starts up and cries.

*Cham.*, if the sleeplessness be attended with flatulency, with starts and jerkings of the limbs; or, feverish heat with redness of one cheek.

*Coff.*, if there be increased heat of the body with great nervous excitability. If this does not answer and the face be red, give *Op.*

### SWELLING OF THE BREASTS.

At birth or very soon afterwards, the breasts of infants are sometimes found to be swollen. A common opinion prevails among nurses and others, that this swelling and inflammation is owing to the presence of milk which must be squeezed out before they can get well. This opinion is not true — there is no milk there, neither do the breasts require squeezing. By rude handling, the inflammation is sometimes urged on to suppuration — matter is formed, and in some instances the breasts have been destroyed, and females deprived of their usefulness for ever.

In most cases there is nothing more necessary, than to apply a piece of linen wet with sweet oil to them. In a few severe cases it may be necessary to apply a bread and milk poultice, and renew it as occasion may require. At the same time, give a dose or two of *Cham.*, and follow it by *Bell.*

If matter be formed, give a dose or two of *Hep.*, and in two or three days afterwards give a single dose of *Sil.*

### EXCORIATIONS.

Unless there be a strong predisposition to excoriations, proper attention to cleanliness, and care being taken to dry all the creases in fat children, after washing, they will very generally be prevented. A child that is kept so warm as to make it perspire a great deal, is very liable to excoriations.

When they do take place, the child should be washed in luke warm water (without soap) and made dry by the repeated application of a fine linen handkerchief without rubbing.

Afterwards it should be powdered with finely pulverized wheaten starch. Although excoriations are sometimes bad to look at, they are not dangerous, and a little patience and close attention will overcome them.

While the above directions are being followed externally, one or more of the following medicines may be administered internally, namely: *Carb. veg.*, *Cham.*, *Lycop.*, *Merc. viv.* or *Sulph.*

### SCURF ON THE HEAD.

Children that are kept too warm, or that are a little neglected, are liable to have an unsightly dirty-looking incrustation formed on the top of the head. On removing any part of the crust the skin beneath will be found red and inflamed. It annoys the child by its itching, and others by its offensiveness. The forcible removal of it by the fine tooth comb will not effect a cure, for so long as the diseased state of the scalp remains, it will be speedily reproduced.

It can be prevented by washing the child's head regularly every morning, and after drying it properly, using a suitable hair brush.

If a tendency to this formation be noticed, give the child *Staph.* two nights in succession.

After the crust has formed it can be removed by anointing it well with lard at night, and washing it off next morning with a solution of *Borax* and water. The application may have to be repeated three or four times.

### DENTITION.

The two middle lower front teeth make their appearance generally when the child is about six months old. In three or four weeks afterwards the middle incisors of the upper jaw come through the gums, then comes the two lateral incisors below, which are soon followed by the two lateral incisors above. In about two months after these the first four

jaw teeth are cut, two below and two above; and after another little respite the two stomach teeth and the two eye teeth show themselves, and finally at the age of from two years to two and a half the four back jaw teeth, two above and two below, make their appearance which completes the first dentition, consisting of twenty teeth.

Every child does not cut its teeth with so much regularity as is indicated above, for some deviate variously from the rule which governs the majority.

The process of teething gives rise to a variety of sympathetic affections in children, many of which, cause great suffering, and some of them are attended with considerable danger.

In order to save the child as much suffering as possible, if it still nurse, the mother should abstain from all stimulating and indigestible articles, as well as every thing else which she knows from experience will cause her milk to disagree with the child. And if the child be weaned let its diet be of the most mild and unirritating kind — allow no coffee, tea or malt liquors — no candies or other confectionaries. On account of the known tendency to heat in the head, sore ears &c. during dentition, it is better for the child to sleep without a night-cap. Some children pass through the whole process without the least sickness.

Before the teeth come through, the gums usually become broader, more angular and frequently show the shape of the coming teeth; the veins running parallel with the teeth, become enlarged and look like little red strings. The mouth becomes hot and the child seems uneasy, particularly at night; its face is alternately flushed and pale; puts its fingers in its mouth; frequently seizes the nipple, bites, and then jerks its head away; the gums swell and become painful; the child drivels at the mouth and the bowels become loose. When there is much constitutional disturbance, the child leans its head on the nurse's shoulder, becomes feverish, the skin is



hot, with burning in the palms of the hands; the head is hot and the feet cold, nausea and vomiting, with rubbing of the nose, and frequent cough at night during sleep.

When the gums are swollen and inflamed, and if the above enumerated sympathetic and constitutional symptoms be present, and especially if watery vesicles form over the teeth giving the gums a rounded and bluish appearance, there is no valid objection to lancing. To perform this very simple but useful operation properly, a *gum lancet* should be used; place the instrument over the tooth, and cut *through* the gum until the tooth is felt.

The operation of lancing the gums is but seldom called for, as in a majority of instances a little timely interference with one or more of the following medicines will remove all the unpleasant symptoms.

*Acon.*, when there is fever with much restlessness, sleeplessness and suffering of pain, as evinced by the child's crying and starting.

*Bell.*, when convulsions are caused by teething; the convulsion is followed by sound sleep, which continues for a long time or until another paroxysm comes on. The child starts suddenly from its sleep, as if frightened and looks around as if terrified, with an altered expression of countenance; the pupils of the eyes are enlarged, and the child stares at a particular spot; the whole body becomes stiff; with, burning heat in the palms of the hands and in the temples.

*Calc. carb.*, when the process of dentition is retarded, in children of light complexion, and inclined to be fat. Give the medicine once a week for three or four weeks.

*Cham.* is particularly adapted to the various diseases of children generally, during the period of dentition, and especially when a child is very uneasy at night; tosses about; wants drink often; has spasmodic jerks and twitches of the limbs during sleep; starts from the slightest noise; general heat; redness of the one cheek and of the eyes; moaning;

groaning; agitation; short, quick, noisy respiration and oppression of the chest; hacking cough; mouth dry and hot; diarrhœa, with watery, slimy and greenish evacuations, worse at night.

*Cin.*, may be given to children who wet the bed at night and grit their teeth during sleep and at other times; have hardness and distention of the abdomen; rub their nose, and have a dry cough, resembling whooping cough.

*Coff.*, when the child is very excitable; does not sleep; is sometimes fretful and at other times too lively, with some fever.

*Ign.*, when there is convulsive jerkings of single limbs; frequent flushes of heat, sometimes followed by perspiration; the child rouses from a light sleep with piercing cries and trembles all over.

*Ipec.* is very useful in nausea and vomiting with diarrhœa; the stools are mixed, of different colours.

*Merc. viv.* is applicable in cases of copious driveling, redness of the gums, and green evacuations from the bowels, with straining.

*Sulph.* may be given when the stools are whitish or hot and sour; and, excoriate the nates.

### SPASMS OR CONVULSIONS.

Children from the period of their birth, until they attain their fourth year, are exceedingly liable to suffer from this disease. Between the ages specified, the nervous system of a child is more susceptible to the action of morbid agents, as well as influences of every kind; than it is in after life; hence judicious surgeons do not perform operations on very young children when it can be postponed to a later period. A knowledge of this fact should deter physicians from bleeding and blistering at such an early age; and experience teaches all who witness such things and wish to learn, that the constitution of a young child, cannot bear such treatment,

without being injured by it. The circulation of the blood, and every vitalizing process is carried forward with greater rapidity than at any subsequent time; and, hence accidental and mechanical injuries, such as cuts, fractures and the like, are repaired in shorter time than they can be in after life.

So long as this susceptible and excitable state continues, just so long will the liability to convulsions remain and the danger of an attack will be proportionate to the degree of excitability. Another predisposing cause, is the tendency to such diseases inherited from parents. The children in large and crowded cities are also more disposed to have such diseases than children in the country, who are favoured with a purer atmosphere, and enjoy greater opportunities of exercise.

Among the exciting causes may be enumerated, dentition, the fever attending eruptive diseases, repelled eruptions, worms, errors in diet, falls upon the head and mental emotions.

When a child is attacked with convulsions, let those having charge of it endeavour to be calm, and first of all, try, to ascertain the exciting cause, and then become acquainted with the mode of attack. As upon these mainly depend, the certainty and success of the treatment. In a majority of cases the convulsions of young children are not dangerous, unless they occur during the advanced stage of some of the diseases incidental to childhood.

For the purpose of giving temporary relief the child's feet and legs may be placed in warm water and after being kept there for five or ten minutes wiped dry and wrapped in flannel — the child's head should be sponged with cold water or have the cold water poured on it through the spout of a teapot from a height of three feet. If the child be costive, or it be suspected that there are some irritating matters in the bowels, give an injection of warm water or molasses and water. If the child have eaten something that has disagreed with its stomach and there be retching and vomiting, put a large mus-

tard poultice over the stomach. If the child be cutting teeth, and the gums over the teeth next due be swollen, lance them. If the convulsions are caused by a fall, after the spasms are relieved give Arn. and apply it externally if any part is bruised.

But for the purpose of curing the spasms and preventing their return, we must administer one or more of the following medicines successively, according to the symptoms. The most favourable time for giving the medicine is just as the fit is going off, but when the paroxysm lasts a long time, or one succeeds another with rapidity, the medicine must be given immediately, without waiting for the fit to terminate. If the first dose produces no change, repeat it in ten minutes, but if the child improve after the first dose give nothing more so long as the improvement continues; when the symptoms get worse or another paroxysm comes on, repeat the same medicine. If the remedy first given does not remove the disease, select another according to the symptoms.

*Bell.*, if the paroxysm terminate in a state of stupor, or the child wakes suddenly, as if from fright, with staring eyes, fixed look, and dilated pupils; bending backwards; rigidity and coldness of the whole body, with burning in the hands and forehead; involuntary passages of fæces and urine.

*Cham.*, if there be convulsive jerking of the arms and legs; twitchings of the eye lids and muscles of the face, with involuntary movements of the head from side to side, followed by drowsiness, with the eyes half open and loss of consciousness; redness of one cheek, and paleness of the other; moaning, and frequent desire for drink; great restlessness and excitability. If the Cham. be not sufficient alone, it may be given alternately with Bell.

*Cin.*, in children who are subject to worms and are in the habit of wetting the bed, with spasms in the chest, convulsive movements of the limbs; distention and hardness of the abdomen, itching in the nose and of the anus, with loose stool at night.



*Coff.*, in weakly, nervous children, who are frequently attacked by convulsions without any apparent cause.

*Hyosc.*, when twitchings of the muscles of the face, and frothing at the mouth, are the prominent symptoms.

*Ign.* may be considered the principal remedy in the treatment of convulsions of children, in as much as it is more generally applicable than any other medicine, especially in the onset of the disease, when the cause is unknown. It is applicable when particular parts or limbs are convulsed, or when the flesh here and there is affected by spasms, with frequent heat; light slumber with violent starts, screams and trembling of the whole body; perspiration; in children that are subject to fits; when the fits return every day, or every second day, at about the same hour and are followed by heat and perspiration. *Ign.* may be repeated several times. *Cham.* is often suitable after *Ign.*

*Ipec.*, when the child is asthmatic, sick at the stomach, with retching and vomiting, and has diarrhœa; and, stretches itself out before, during or after the paroxysm. This remedy may be repeated frequently in water.

*Merc. viv.*, if worms be the cause; saliva runs out of the mouth; green, watery stools; hard and distended abdomen; eructations; the child's skin is hot and moist; great weakness and exhaustion after the fits.

*Op.*, when there is much trembling over the whole body, tossing of the arms and legs, loud screaming during the paroxysm; the child lies unconscious as if stunned; the abdomen is swelled; suppression of urine and fæces. This remedy is particularly applicable if the fit have been caused by nursing, after the mother had been frightened or fallen into a passion.

*Stram.*, if the convulsions arise from repelled eruptions, or occur during the fever of eruptive diseases, or in consequence of eruptions not coming out; attended with involuntary evac-

uations of fæces and urine; much groping about with the hands, and opening and shutting of the fingers.

### SUMMER COMPLAINT.

Cholera infantum as this disease is technically called, is generally owing to improper diet either on the part of the mother or child, atmospheric changes, improper clothing, teething, and want of fresh air.

In some instances the disease begins like a simple diarrhoea, and is then frequently ascribed to the teeth alone, and very improperly neglected. In its more aggravated forms, it commences with vomiting, first of the food and afterwards of mucus or mere gagging and efforts to vomit. The child's flesh becomes soft, it loses its appetite, has fever with evening exacerbations; the eyes look languid, and, when the child sleeps, are but half closed. The thirst for cold water becomes very urgent, and all drink is immediately rejected by the stomach. The head and abdomen are hot, while the extremities are cold. The evacuations from the bowels are very frequent and assume various appearances. Sometimes consisting of a mere looseness, at other times they are greenish or yellow and watery, or they may be slimy and tinged with blood. The most common colour, however, is white; the odour is very peculiar, and sometimes exceedingly offensive. The food frequently passes off without being digested.

In bad cases the skin on the forehead is tight and shiny; the eyes are sunken; the cheeks fall in; the nose is sharp; the lips are shrivelled; and, the emaciation is extreme, so much so that the skin on the extremities hangs in folds.

During the season in which children are most liable to the disease they should be kept cool and frequently taken into the fresh air. Small children in cities, are very much benefited by riding them out two or three miles into the country late in the afternoon to get ice cream, and then return before dark. A ride on the water by steamboat late in the afternoon.

in very warm weather, is also very serviceable. Never take them out in the morning for the sake of health, so as to be obliged to return in the middle of the day, when it is warmer than when you went out.

Give the child no tea, coffee, and nothing sour or highly seasoned, no unripe fruit or pies made of it; neither ought the mother to indulge in any article which she knows from experience will cause her milk to disagree with the child. The diet should be of the simplest kind; if the child be still at the breast, it should take but little else, and the mother should live on beef, mutton and ham of animal food, and milk or cocoa, bread and butter; potatoes and other vegetables of the most unirritating kind. If the child be weaned, pay strict attention to its diet as above directed. Give it a portion of *smoked herring* two or three times a week, in the morning for breakfast.

*Ant. crud.*, when the tongue is coated white or yellow; dryness of the mouth with thirst; nausea with vomiting, or gagging and cough; distention of the abdomen with flatulency; offensive, slimy stools; and, frequent passages of water.

*Ars.*, if the child be very weak, pale and emaciated; inflation of the abdomen; cold extremities; loss of appetite; nausea and vomiting; intense thirst; yellow and watery, white or *brownish* offensive diarrhœa, which is worse after midnight, towards morning and after eating or drinking.

*Bry.*, when the diarrhœa comes on in *hot* weather, and is accompanied by much thirst; vomiting of food; nausea and vomiting after eating; diarrhœa with colic; stools have a putrid smell, are white or brownish and lumpy.

*Carb. veg.*, if *Bry.* afford but temporary relief give *Carb. veg.*, especially if the evacuations be very thin and offensive; and, are attended with burning, and much pain.

*Dulc.*, if the complaint return every time the weather gets cool, or takes place after drinking cold water while in a heat;

burning thirst for cold water; diarrhœa of a greenish or brownish mucus, worse at night.

*Ipec.*, if given in the commencement of the disease will generally arrest its progress at once. The symptoms which indicate *Ipec.* are chiefly, nausea and vomiting of ingesta or mucus and bile, attended with diarrhœa of fermented stools of white flocks or tinged with blood; coated tongue; dislike to all food; and, raging thirst.

*Merc. viv.*, when the diarrhœa is worse before midnight and is attended with colic, straining at stool, and perspiration; evacuations are scanty, greenish, sour and attended with nausea and eructations.

*Nux vom.*, if *Ipec.* should not be efficacious in arresting the disease at the outset give one dose of *Nux vom.* at night and another next morning.

*Verat.*, when the weakness from the nausea and vomiting is so great as almost to cause fainting; great exhaustion vomiting and diarrhœa; vomiting after swallowing the least liquid; the slightest movement excites vomiting; thirst for cold water; sensitiveness over the pit of the stomach; colic, with burning and cutting pains in the abdomen; loose, brownish, and blackish stools; and, small unnoticed evacuations of liquid fæces.

### RUPTURE OR HERNIA.

Delicate children with feeble constitutions are most liable to this disease. If the child cries much, and appears to suffer a great deal of pain; if the skin becomes clammy and yet the child screams without apparent cause, examine its groins, and if swellings are discovered in one or both of them, which were not there before, give a dose of *Nux vom.*, and send for a homœopathic physician.

Rupture of the navel is more common, but less painful, than the variety above mentioned. It can be successfully treated by placing an additional compress, under the belly



band, containing in its folds some hard substance like a piece of sheet lead or thick pasteboard.

### SORENESS BEHIND THE EARS.

This affection is a species of excoriation, and should be treated in a similar manner. Apply water to the sore as seldom as possible; only washing them in warm water without soap, for purposes of cleanliness; and, mop them dry with a fine linen handkerchief, and powder them with wheaten starch finely pulverized, when there is not too much moisture to be absorbed.

Give the child, *Calc. carb.*, *Graph.* or *Sulph.* internally. A dose each night, for two or three nights, and then wait three or four days; if no better, give one of the other remedies in the same way.

### RUNNING FROM THE EARS.

Young children are subject to abscesses, and running from the internal ears. These gathierings are generally preceded, by a great deal of pain; the child screams and rolls its head about; starts out of its sleep; sometimes there is considerable fever; it involuntarily puts its hands to the ears, and will not lie down.

*Cham.*, *Puls.* and *Sulph.* are the appropriate remedies for the pain.

*Puls.* is also applicable, after the running is established.

### NOCTURNAL URINATION.

Constant "wetting the bed", in a majority of instances is the result of disease, although in a few cases, it may be owing to the indulgence in filthy habits. Whipping is a remedy that is frequently applied, but I never knew it to cure a single case.

*Sep.*, will sometimes remove it, but a few doses of *Sil.* will generally effect a permanent cure, when it does not depend on some organic disease.

## PROLAPSUS ANI.

The descent of the rectum, or the "body coming down", as it is termed in domestic language, is generally consequent upon some other disease. It is apt to follow upon long continued diarrhœa, or an acute attack of dysentery; protracted costiveness also may give rise to it, or it may depend on a state of relaxation of the system, merely.

When the bowel is protruded, it can easily be reduced, by lying the child across the lap, and making pressure on the protruded part, with a piece of fine linen cloth, anointed with fresh lard.

When it is but an attendant upon another disease, of course that disease must be removed, before the prolapsus can be cured. But when it stands out as a disease by itself, *Ign.* or *Nux vom.* will frequently cure it.

## WEANING.

As a general rule, children should be weaned when they are about eighteen months old.

If the mother is weakly, the supply of milk begins to diminish in quantity and deteriorate in quality, or the menses reappear, the child may be weaned at an earlier period.

The progressive developement of a child's teeth, may be taken as a sign, that the mother's milk may be dispensed with, and that its digestive organs are capable of managing more substantial food.

But a child ought not to be weaned, while it is suffering very much from the irritation of teething, or other infantile diseases; unless there are considerations on the part of the mother, which render it necessary.

As soon as the teeth begin to make their appearance, a child ought to be gradually accustomed to taking other kinds of nourishment; so that, by the time its jaw teeth come through, it may be able to eat a portion of animal as well as

vegetable food. Let it have what is going at table, beside its bread and milk, which should be the stand by.

There is nothing gained to a healthy child by nursing it through the second summer, the say so of our grandmothers to the contrary notwithstanding. The most suitable seasons of the year for weaning, are March or April, in the spring, and October or November, in the fall.

After the process of weaning is decided upon, be not deceived by the plausibility of the *theory* of doing it gradually, nor of keeping the breast from the child through the day, and of giving it to it through the night; as such a course not only prolongs the sufferings of the child, but also renders the milk unfit for its stomach. Nothing ought to induce a mother except in case of sickness, to give her infant into the hands of another person, however, competent she may be to perform the office for a child of her own, for the purpose of weaning. Neither ought a mother to absent herself from home, during the trying period; if she really love her offspring, let her extend her sympathy while she maintains sufficient firmness to do what is best for the child. It is grieved at her absence, besides losing its favorite nourishment; and then is doomed to disappointment on her return, which is almost as painful as the first privation.

The best, and easiest, method of weaning a child, is to take it to bed as usual, and in nothing depart from the common routine of management, except to withhold the breast. Once denied, let not the child have it again; and in forty eight hours the whole process so far as the child is concerned will be completed. Give the child the food it is accustomed to, and do not pamper its stomach, with candies and other sweetmeats.

After weaning, the child's diet should be simple but sufficiently nourishing; as intimated above, bread and milk should be the staple food, but the farinaceous articles; such as arrow root, tapioca &c., or mashed potatoes, bread and butter, and

occasionally a little beef, mutton, chicken, or good ham, may be allowed.

After the child is taken from the breast, let the mother abstain from salted articles, to prevent thirst; and as far as she can from fluid nourishment of every sort, in order to diminish the secretion of milk; eat only the driest kind of food, drink nothing but water and that in small quantities. If the breasts be painfully distended with milk, rub them with hot lard, wrap them in raw cotton, and take a dose of *Bell.*, or, if that should not relieve, take a dose of *Rhus*. In order to get rid of the distention, it is generally necessary, to have the breasts drawn, but let this be done only so far as is necessary to give present relief, and as seldom as possible; increasing the interval between each time of drawing, so as not to encourage the secretion of more milk.

*Puls.* and *Rhus*, are the best medicines to stop the secretion of milk.

#### LEUCORRHŒA OF CHILDREN.

Little girls, from a little neglect, and some other incidental causes, are liable to a discharge of whitish mucus, from the vagina, somewhat similar to the leucorrhœa of adults. Frequent ablutions with luke warm water, will generally remove it in a short time; but if it should not, give a dose of *Calc. carb.*, two nights in succession, and continue the washings.

#### VACCINATION.

This is a purely homœopathic means of preventing, one of the most loathsome diseases, to which the human system is liable — the small pox. Vaccination alone has probably, within the last fifty years — since its general introduction, saved more human life than all other remedial means put together, have done, in twice that length of time.

It will answer well, to vaccinate a child, at almost any age, but probably about the sixth month, is the best time, as the child is as easy nursed, at that age as any other; and, is less



liable to get the pustule broken, from accidental causes, or its own scratching, than when older.

It is a matter of great importance, to obtain the virus from a healthy child — one that is free from scrofulous taint, and all other hereditary, and especially cutaneous diseases. When the vaccination is successful, the best means of preventing the developement of eruptions after it, is to administer a dose of homœopathic Sulph., on the evening of the eighth day.

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#### CHAPTER XIII.

### CUTANEOUS DISEASES.

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#### RASH.

Of this complaint there are various kinds. When a rash is accompanied by fever, the patient must be careful not to take cold, but at the same time he should not keep himself too warm; either might prove injurious. When there is no fever attending the rash, the complaint is not of a serious nature, yet cold should be guarded against; if the patient takes cold notwithstanding, resort should be immediately had to medicine.

In all cases of eruptions, attended with fever, which have been suppressed, the same remedy will often be beneficial which is prescribed for the eruption itself; where the kind of eruption is not clearly characterized, give Ipec., then Bry., then Sulph., then Calc.; in very critical cases, Cupr. See pag. 149. A homœopathic physician will be able to select the proper medicine at once; but if a physician cannot be procured and there be uncertainty about the selection of the suitable remedy, try the above medicines successively, allowing an hour or more to elapse between the doses.

When a rash is prevalent in the neighbourhood, or is even in the house, and several individuals are taken ill at the same

time without a corresponding eruption, but with a feeling of contraction about the chest, difficulty of breathing, frequent giddiness, loss of vision, trembling, sickness of the stomach, vomiting, griping, diarrhœa, great uneasiness, fainting, and other symptoms, give *Ipec.* immediately, and repeat it after a couple of hours; it will either accelerate the eruption, or prevent the disease altogether.

Children, and sometimes grown persons, are troubled, after taking cold, with a rash, appearing in red, smooth spots of the size of a pin's head, which are not elevated, but visible in heat and in cold, with itching and biting at night, disturbed sleep, a shivering in the evening, and heat during the night; children become very uneasy and irritable, and cry much; in such cases give *Acon.*, which may be repeated six or twelve hours after, and if no improvement has taken place by the next day, give *Cham.*, and a couple of days later, if necessary, *Sulph.* The latter remedies are frequently followed by perspiration which must not be checked.

### NETTLE - RASH.

Red spots, some flat and smooth, some elevated, as if caused by nettles, or poisonous sumach, with a pricking and itching sensation, as if caused by flea-bites, particularly towards midnight; the appetite bad, a feeling of fulness in the pit of the stomach; the patient is cross and weak; — when this complaint is caused by unwholesome food, give *Puls.*; when by the poisonous parsnip, *Rhus*; by sumach, *Bell.*, or still more frequently, *Bry.*; when caused by taking cold, *Dulc.*; when accompanied by a bad headache and red face, *Bell.*; when by a severe cold in the head, *Hep.* When nothing else will avail, *Ars.* often proves beneficial. If the rash resembles precisely that caused by nettles, *urtica* may also answer. A suppressed nettle-rash is most speedily brought out again by *Calc.* or *Ars.*

When smooth red spots make their appearance from time to time, in different parts of the body, with much itching and

pain, as if from soreness, particularly with persons accustomed to drinking wine and spirits, give *Nux vom.*; if this is useless, give *Sulph.*

### MEASLES.

At the very first symptoms of this complaint, give *Puls.*; when the measles are prevalent in the neighbourhood, give *Puls.* at every trifling cold, catarrh and cough, every 3 or 4 days. When the fever is high, give *Acon.*, and if it does not mitigate all the symptoms, give *Sulph.*, and whenever they are worse again, *Acon.* When the eruption does not come out, give *Puls.*; when there is much oppression on the chest, *Ipec.*; when the glands below and in front of the ear are swollen, give *Arn.* or *Dulc.* In very critical cases, when the children seemed almost at the point of death, the breath being very hot, *Camph.* has proved beneficial. In complaints consequent upon measles, *Camph. tinct.*, or *Carb. veg.* is salutary.

### FRENCH MEASLES.

In most cases the period of this complaint may be much abridged, and the violence much diminished by giving *Acon.*, or the before mentioned remedies; where there is much uneasiness, give *Acon.* and *Coff.* alternately.

### SCARLET-RASH.

The scarlet-rash appears in purple spots, as if made by red wine; when pressed by the finger, they do not turn white, but a number of small grains are felt under the skin; give *Acon.* several times, or *Acon.* and *Coff.* alternately. If this does not suffice, give *Sulph.*, and afterwards, if the fever becomes worse, *Acon.*

The real scarlet-rash is of a light red colour, mostly spreading over the whole body; little grains are perceived in the skin which feels rough when the hand is passed over it. The pressure of a finger leaves a white spot, as in scarlet fever.

In latter times it is often found accompanying scarlet fever, the smooth redness of which is observed on the surface, and the scarlet-rash beneath. Acon. and Bell. taken alternately, cure it. If croup also ensues, and especially inflammation of the tonsils, a couple of doses of Sulph. 3. may prove efficacious.

### THE REAL SCARLET FEVER.

In this case the spots are of a light or yellowish red; upon being pressed by the finger, a white spot remains, which soon becomes red again, from the centre to the circumference; there are no grains in the skin; give Bell.; in bad cases, Merc. viv., and then again Bell., and afterwards Phosph., sometimes Sulph. or Calc. When scarlet fever and rash are combined, it is more difficult to effect a cure; in this case Merc. viv. and Bell. should be given alternately; when the throat alone is affected, and Bell. and Merc. viv. produce no favorable change, lose no time, but call in a homœopathic physician, and beware of taking cold; as preventives, Calc. or Lach. are recommended.

### DISEASES CONSEQUENT UPON SCARLET FEVER AND SCARLET-RASH.

These diseases are worse than the scarlet fever itself. There occurs frequently a swelling of the glands on both sides of the throat, which breaks inside and secretes an offensive matter; this will often occasion death in children, if they are not relieved by Kali carb. or Calc. — When the symptoms are worse after midnight, about 1 or 2 o'clock, the sufferer growing more restless, give Kali; if worse about 3, 4, 5, 6 o'clock in the morning, give Calc. If children have a desire for boiled eggs, previous to or during this swelling, Calc. is beneficial. In some cases, where there have been offensive ulcers and a tough saliva in the mouth, Senega has proved salutary. We have seen many children cured by warm milk



and brandy, in the proportion of a teaspoonful of the latter to a cup of milk, and giving a teaspoonful of this mixture once every hour. Acid. nitr. and Lyc., given alternately each hour, sometimes arrest the disease in this highly critical stage. When in children the whole body becomes swollen, give Bry. and Bell., they often afford speedy relief; if they do not, give Calc. carb. afterwards. In all these cases consult a homœopathic physician, but endeavour by all means to prevent the occurrence of any of these complaints by keeping your children in the house, not allowing them to sit on the floor or, in winter, to stand at a window. In cases of recovery, as long as a new skin is forming, children should not be allowed to go into the open air, not even to the door or window. They should be kept from school, as they may most easily communicate the disease at this period. They may be washed with branwater and well rubbed, wear flannel and take exercise in the room.

### THE CHICKEN POX.

This disease generally passes off of its own accord; when there is much fever, give Acon.; when attended with much headache, give Bell; if the eruption is very considerable, give Ant. crud.

### SMALL.-POX.

This is one of the most loathesome, and at the same time one of the most malignant diseases, to which a human being is liable. Like other eruptive fevers it is propagated by contagion, and rarely attacks a person more than once in the course of his life.

The length of the period of incubation, or the distance between the time of exposure to the contagion, and the accession of the premonitory fever, is generally about twelve days; but, the extremes are seven and twenty one days. The fever is ushered in by a chill, accompanied or speedily followed by

pain in the back, aching in the bones, general soreness and all the common symptoms of severe cold. When the fever sets in, the skin becomes dry and hot; thirst; cough; pain in the pit of the stomach; light hurts the eyes; intense pain in the head attended with delirium; anxious expression of countenance and great prostration of strength; all have a share in the distress of the patient and help to make up the catalogue of symptoms.

In about forty eight hours after the commencement of the fever, the eruption begins to make its appearance in the form of small red pimples on the face and forehead; at first, very much resembling measles, but next day the spots are more elevated and the true character of the disease is made known. The fever usually abates very much when the eruption comes out. On the third or fourth day, the pustules begin to fill, the tops are flattened and as they pass on to maturity, a depression is observable in the centre; the pustules at first contain whitish lymph, which gradually becomes more and more yellow, until the eighth day of the eruption when the suppuration is at its height. The odour of a small-pox patient is very peculiar, and not likely to be forgotten. After the eighth day the eruption begins to dry up, many of the pustules burst and scabs begin to form. The process of desiccation continues to progress until the fourteenth day of the eruption, — by which time the fever in favourable cases has subsided, the swelling of the face left, and the scabs have fallen off the upper parts of the body, leaving the skin of a reddish brown colour. This is the ordinary course of the disease when the issue is favourable. But, when the disease prevails epidemically, cases are seen in unfavourable subjects and in hospital practice, that beggar description, on account of their destructiveness.

*Varioloid*, is a disease which is produced by the action of small-pox on a system that is partially protected, by inoculation or vaccination. It is much milder in its course, and

shorter in its duration, than genuine small-pox, and but seldom leaves any marks on the skin. The treatment is essentially the same as in small-pox, except that it is less energetic.

*Treatment.* The room of a small-pox patient should be kept well ventilated, but not too warm: and, very little light should be admitted.

*Acon.*, is almost always called for in the febrile stage, especially if there be, congestions to different parts, as the head or lungs, attended with headache; dullness and sleepiness; bleeding of the nose; injected eyes; fulness in the chest, with increased action of the heart; pain in the back, and general aching in the limbs.

*Bell.*, if during the precursory fever there be, delirium with the headache; suffusion of the countenance; inflammation of the eyes, with anxious look; intolerance of noise; and, in the eruptive stage, if the pustules be too red.

*Bry.*, if the headache, and backache continue; and there be, irritability of stomach; cough with soreness in the chest; constipation; or, the eruption be delayed, with a sensation as if the flesh had been bruised.

*Coff.*, is very useful in the great restlessness which frequently occurs during the progress of the disease.

*Merc. viv.* is applicable to the sore throat; ulcerations about the eyes and nose; fetid breath; and pains in the bowels, with perspiration, and diarrhœa.

*Rhus*, is highly important at the close of the febrile stage and during the eruptive stage.

*Stram.*, should be given if there be, loquacious delirium at the time the eruption ought to appear, but does not.

*Sulph.* is especially needed when the pustules begin to fill and for the itching during the drying stage.

*Tart. em.* is useful if there be, drowsiness with gaping; coolness and claminess of the skin; or sick stomach when the eruption ought to appear.

If "an ounce of prevention is better than a pound of cure" then, every child ought to be vaccinated.

### ERYSIPELAS.

It is an old rule that nothing greasy or damp must be applied in this complaint; every salve and ointment is dangerous, and no rational physician will countenance this practice. Only dry applications should be used; rye flour without any admixture is the best. Powdered starch of wheat flour mitigates the itching. For violent fever, give Acon.; when the eruption is radiating, give Bell. and repeat it a couple of days after, if necessary; when the erysipelas appears near the joints, give Bry., and afterwards Sulph. If there is no improvement, give Lach., and in very severe cases, Bell. and Rhus alternately. When small or large blisters form on the surface, give Rhus.

The most violent cases of erysipelas in the face or on the head are sometimes cured by spirits of turpentine, especially when the burning is intense. This remedy may be applied externally, but moderately and only to a few places. It is dangerous to interfere with chronic erysipelas, a species of eruption attended with itching and pricking.

All *chronic diseases of the skin* should be always treated by a homœopathic physician. External applications are rarely of use and often prove injurious; the medicines should always be first taken internally. A great deal depends on the mode of living; favorite dishes, though least suspected, are sometimes the cause of these affections.

Wash and bathe frequently, and drink freely of water, which always takes away something which is injurious; abstain from food too highly seasoned or overdone in the cooking; use but little salt, but sugar you may take less sparingly.

### ITCHING OF THE SKIN.

This is usually connected with some other symptoms by which we may be guided. If these cannot be traced, try to



alleviate the irritation by brushing the whole body, if this does not answer, by washing with warm water, and lastly, use water and soap. If this does not remove it, take Sulph. When it is worse in particular places, and you cannot keep from scratching them until they bleed, rub these parts with fresh olive oil, so as to moisten the skin in the first place, and then dry it again by rubbing it slowly. When the itching is more troublesome at night, wash the parts in the evening with brandy, when the whole body is affected, or when females or children suffer in this way, take starch of wheat flour and powder the skin thickly with it. Only in cases where nothing else will give relief, take camphor and mix it with the starch, or wash with water in which camphor previously dissolved in spirits has been mixed.

Many kinds of itching may be quickly cured by medicines; for instance, if it always commences when undressing, give — Nux vom. or Ars.; when it is very troublesome after getting into bed, as if caused by flea-bites, and when scratched moves — from one place to another, give Ign. When it does not commence until the patient has become warm in bed, Puls.; if this does not answer, take Merc. viv., particularly when it continues the whole night; if not relieved, give Sulph. a couple of days after, and later, Carb. veg.; when the itching is accompanied by intense burning, give Rhus and afterward Hep.; when scratching produces a great deal of bleeding, give Merc. viv. and Sulph., alternately, every week until better.

### THE ITCH.

It is not difficult, and does not require much science to effect an apparent cure of this disease, by salves and unguents; but every suppressed eruption of this kind produces another disease which appears, either immediately, or after a couple of weeks — or sometimes after many years; the later it appears, the more difficult it is, to effect a cure. It is no part of wisdom to expose oneself to such danger, however

troublesome the complaint may be. For the itching use the remedies recommended under "Itching of the skin"; and take internally such medicines as will gradually cure the complaint. First, take Merc. viv., and some days after, Sulph., and continue taking them, alternately, until there is an improvement, then allow the medicine to take effect. If the complaint gets worse, take the medicines prescribed more frequently. If the character of the disease changes, the eruption being small and dry, Carb. veg. is frequently of service — take it every other day, or Hep. once in the evening and once in the morning. If there is no improvement, take powdered Sulph., shake it up in spirits of wine, and of this mixture put one teaspoonful in a wine-bottle filled with water and wash the places most affected morning and evening. When the itch seems greasy and produces large blisters, give first Merc. viv., then Sulph., and then Caust., evening and morning. When the blisters are large and turn yellow and blue, take Lach. as often as the pain becomes worse. If the remedies recommended do not effect a cure, apply to a homœopathic physician. One must be willing to wait patiently several weeks for the effectual cure of this disease. In cases where itch has been suppressed by external applications, which may prove very dangerous, give Sulph. or Ars., to bring it out again.

### CRUSTA LACTEA.

Crusta lactea, with scabs on the head, face and other parts, ought never to be treated externally, unless by the application of hair powder, or, at most, of very weak soap-suds. When the part adjacent to the scab is much inflamed, and the child very uneasy, give Acon., and from six to twelve hours after, Rhus, and at the expiration of this period, Rhus again. If not better after a couple of days, give Sulph., and a few days later, Rhus again, if required; continuing in this manner alternately.

## SCALD HEAD.

When the eruption appears on the head, neck and face, when the eyes are affected, red and sore, give Hep.; when the glands of the throat and neck are swollen, red and painful, give Bry., when they are hard but without pain, give Dulc.; when the surface is moist and smells offensive, give Staph., and afterwards Rhus; when the discharge is very corrosive, causing ulcers, give Ars., and later Rhus. All these remedies may be given a second time after a couple of days, if no improvement takes place, or whenever the complaint is worse again; a few globules of either of these medicines may also be dissolved in water, and applied to the edges of the scab. If the eruption extends over the whole face and there is much itching over the whole body, a thick scab forming on the head Ant. crud. 3. is beneficial, given every day or every other day.

## BOILS.

The skin turns red and becomes hard and painful, a tumor arises of the size of a hazel nut, sometimes larger, the highest part in the centre, it remains hard and of a deep red, then a little pus escapes from the top, this is mixed with blood, and the core of the tumor may be seen, this is gradually discharged, and the pain ceases.

Apply nothing but chewed bread; for if you speed suppuration by honey, sugar, roasted onions, &c., the boil will soon return again, and frequently in places where it is much more annoying. Take first, Arn.; if the boil returns, take immediately the same remedy, and when it is healed Sulph. Proceed every time in the same manner — by this means many ill humors are brought out of the system, and their recurrence will gradually become rarer, unless there is some other disease, which is wearing itself out in this manner. Do not interfere with nature by taking aperient medicines, which

may throw the disease upon the intestines where the danger is much greater.

### MALIGNANT BOILS.

Malignant Boils, which are painful, become blue, and spread very rapidly, are quickly healed by Lach., very large ones with deep holes in the centre, by Hep.; if no speedy improvement take place after Hep., give Sil.; if the patient is very weak, Ars.

### WHITLOWS ON THE FINGERS.

For this affection no other application is requisite than wheaten bread soaked in boiling milk; when the pain is very violent, hold the finger affected in a fresh egg broken at the large end, and keep it there, until the pain abates. Medicines taken internally are, however, more efficacious; as soon as a whitlow appears, give Merc. viv. or Sulph., (the latter, taken as soon as the malady is felt, will generally prevent its coming to a height) and when the effect of Sulph. wears off, Hep. or Caust. If the swelling does not decrease, take Sil., and whenever the pain is very violent, Hep. and Sil. alternately. In particularly malignant cases, when the finger is of a deep red and bluish color, and the pain very violent, take Lach., and, if necessary, repeat it, or give it alternately with Hep.; should it, notwithstanding, become a black, burning sore, take Ars. and Carb. veg. alternately.

### ABSCESSES AND OTHER TUMORS.

These are treated in the same manner as whitlows and no applications should be made, but those mentioned above. In many cases it is necessary to lance the abscess, particularly when in the absence of a homœopathic physician, who is seldom forced to have recourse to this alternative. When the remedies recommended for whitlow do not speedily effect an improvement and the tumor does not open of its own accord,



it is necessary to lance it, especially if it is extensive. Lancing should not be resorted to when the tumor is in the groin, or near the anus, and an intelligent practitioner will abstain from the use of the lancet when there is a throbbing in the tumor. When this is the case, give Sulph., Ars. and Lach. at long intervals, and consult a homœopathic physician, as the case may become dangerous. The same applies to the different kinds of cancerous or hard tumors with stinging pains, which afterwards become cancers. Nothing should be applied externally.

Sometimes this affection is a mere induration of the glands of the neck or throat; for these give Merc. viv., and some days after Dulc.; some weeks after, if necessary, the same remedies again. If not relieved, consult a homœopathic physician.

### CHILBLAINS.

Chilblains are caused by the cold in winter, are troublesome in summer, and particularly in the spring and fall; also, when the limbs are affected by frost, when without swelling there is an itching and burning, and sometimes violent pain — the part affected breaking and bleeding; these complaints can be cured by Puls., when the skin assumes a dark, reddish brown, or bluish color; by Cycl., when the diseased parts look bright red, sometimes also by Nux vom.; and when these do not suffice, by Sulph. For very acute pains, Cham., and afterwards, Ars. may be given. The only domestic remedy which may be applied, without danger, is the common glue — boil it thick, and put it warm upon the affected parts. When some days after, the pain has abated, wash it off gradually and carefully. Persons subject to chilblains on the approach of cold weather, must abstain from eating pork and geese.

### ULCERS.

Ulcers are open sores, suppurating, with a watery discharge, more or less deep; when they are the consequences

of varicose veins, they are treated in a similar way. See page 320. Besides the above medicines, try also Lach., and if that does not answer, Sil. These remedies may also be applied externally, by dissolving a few globules in a tablespoonful of water, and rubbing a little on the sore every day, or by placing a rag which has been dipped in this mixture over the part.

When ulcers are of long continuance, it is best to consult a homœopathic physician. When ulcers are of long standing or have returned often, they ought to be healed slowly, otherwise a different and more violent disease will be the consequence. Drying them up with vitriol, or white lead, or lead-water, is exceedingly dangerous.

When the pain is very violent, stinging and burning, take malt, pound it very fine, and with yeast make a dough — thin it then with beer, (not porter) — spread it on rags, and apply it fresh two or three times a day.

When the ulcers are very deep, and no homœopathic physician can be procured, turpentine may be applied — not the poisonous spirits of turpentine, but the gum or rosin. Melt half an ounce of the best Venitian turpentine over a slow fire and gradually mix it with two ounces of pure yellow wax; dry the ulcers as much as possible with a linen rag, take a spoon, and just as the melted mass is about to stiffen, pour it into the wound — but it must not be too hot. Do this every third day; but without homœopathic treatment this remedy is not always, or not permanently, efficacious.

When ulcers are not so deep, it is best to apply linen dipped into warm water — put on the compress, and over it a good warm bandage. At the same time take Sulph. once a week — it cures frequently. For ulcers which burn badly, give Ars.; when they burn and smell offensively, Carb. veg.; when they spread, and are surrounded by pustules or small ulcers, give Lach.

Ulcers on the toes, especially of old people, commencing with a blister, as if caused by a burn, are cured by Sil., if, at

the outset, there are blue black spots, by Ars., especially if warmth is agreeable; but if warmth produces pain, Sec. is effectual, unless it is too late. In' all such cases the use of salves containing white lead is very dangerous.

Ulcers around on old wart, or around corns and the like, are cured by Ant. crud.; sometimes also by other medicines. Sulphur or Mercury will dry them up speedily, but I have seen fatal consequences ensue.

Predisposition of the skin to become irritated, and to fester, see pag. 115.

Bad ulcers may be caused by the *nails growing into the flesh*. The common remedy is to cut the nail, and particularly on the side where it has grown in; the consequence of this is that the nail grows the faster there, and in a short time the patient is again in the same predicament. Cutting the nail should only be resorted to when it is of consequence that the patient should walk again immediately; when a little lint can be introduced with a dull penknife between the nail and the skin, it is to be preferred. A handy person may do this himself; soak the feet previously in warm water, to facilitate the operation. When there is proud flesh, strew some finely powdered loaf sugar on it twice a day, and use the foot as little as possible, for a couple of days. At the same time scrape the nail in the middle with a sharp knife, and repeat this operation every day until it is as thin as possible. By this means the sides will heal much quicker, and the nail is more easily bent out, so as to introduce the lint between the skin and the nail. When the edges of the nail are rough, scrape them smooth, but do not cut them.

The only means of curing this evil effectually is to cut the nail frequently, but not in the shape of the toe, so that the middle projects farthest, but the very reverse, leave the sides as they are, and cut the centre out as far as possible. This need not be done at once, but gradually; bathe your feet every week in warm water, and cut the nail as directed. The nail

will, in consequence, grow more in the centre and less on the sides; if, after some time, the edges project too much, a trifle may be cut off; when it injures the stockings, put a leather case over it. Not until after the expiration of a twelve-month let the nail grow again quite even, but never cut it very deep or close at the sides, as this is generally the cause of the evil.

The soreness and inflammation arising from the growing of the nails into the flesh, will mostly disappear as soon as sufficient lint has been introduced between the nail and the flesh, the lint may, in addition, be moistened by water mixed with a drop of Arn. If this is not entirely effectual, or if the places are becoming ulcerated, *Nux vom.* is a suitable remedy. *Caust. 3.* or *6.* has been found by some to be the most efficacious medicine, in the proportion of one drop to half an ounce of water; dip a linen rag into this dilution, and apply it 3, 4 times every day, this will remove the proud flesh. If there is already a badly ulcerated sore and the above remedies should not speedily afford relief, do not be induced to have the nail removed or split. This painful operation may always be avoided, if sufficient pains are taken. Enough may frequently be pared away by degrees to make the sore heal, particularly when homœopathic remedies are taken at the same time; among these the principal ones are *Sulph.*, *Ars.*, *Sil.* and *Carb. veg.* By destroying the root of the nail on both sides with caustic, the nail itself may be preserved.

### C O R N S.

Soak the feet in warm water for a quarter of an hour, and with a sharp knife pare off one thin layer after another until it becomes painful; after that take Arn., dissolve a few globules in a drop of water and rub it on the corns. If this is done repeatedly, they will generally disappear. If they grow again, take *Ant. crud.* a couple of times, and also apply it to the corn upon its being cut. *Phosph.*, every other day a dose,



is to be recommended. For violent pains upon change of weather, give *Rhus*, or *Rhus* and *Bry.* alternately.

### WARTS.

There is always some risk attending cauterizing or cutting warts, for although it may frequently be done without apparent injury, dangerous consequences sometimes ensue, especially to children and old people. They will very frequently disappear, when fleshy or seedy, after *Caust.*, when they are flat, hard and brittle upon taking *Ant. crud.*; when upon the back of the fingers, *Dulc.*, when on the sides, *Calc.*

### SORENESS FROM LYING A BED.

This may frequently be prevented by placing an open vessel filled with water under the bed of the patient, renewing the water every day. Wetting the red or sore spots with very cold water, or applying wet rags, accelerates the healing. By placing a soft tanned deer-skin under the sheets, the hairy part down, and the tail toward the foot of the bed, it may be prevented, or more easily cured. When water alone will not effect a cure, dissolve in it a few grains of *Arn.*; if, there is danger of mortification, give *Chin.*, and wash the spots with the same medicine dissolved in a little water, and a day or two afterwards, wash with *Arn.* When the wound is large, apply scraped sweet carrots.

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## CHAPTER XIV.

# GENERAL DISEASES.

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## GOUT.

It is difficult to cure the gout, but the pain may at least be mitigated. The complaints, inevitably produced by the common treatment with mercury, calomel, baldrian, digitalis, colchicum, or the fatal drug of opium, or laudanum, and other so-called harmless medicines, destructive of human health, are prevented by homœopathic treatment, and the patient is likewise spared the many tortures of external applications.

With wine and brandy drinkers, the first attack may be alleviated by *Nux vom.*; for violent fever, give *Acon.*, which may also be given after other remedies have been used, particularly *Sulph.* When the pain in the joints resembles that of a sprain, with redness, dread of being touched, an uncomfortable feeling, as if whatever the limb be resting on were too hard for it, give *Arn.*; when the redness spreads very far, and is very dark, *Bell.*; when the pain flies quickly from one joint to another, and relief is felt when the limb is uncovered, give *Puls.*; when the pain is mitigated upon covering the limb, and the patient is very weak and much affected by the disease, give *Ars.*; when the face is very pale and haggard, the pain stinging and tearing, worse during the night and when the limbs must continually be moved from one place to another, give *Ferr.* or *Rhus*; when worse from being moved, *Bry.*; worse from being touched, *Chin.*; when the complaint is attended with nausea and a white coated tongue give *Ant. crud.*, and afterwards, if necessary, another remedy. When the attacks return at every change of the weather,

give Calc.; if the complaint becomes protracted, always give Sulph., and if worse again, Acon.; if the limbs remain stiff afterward, give Coloc.; if they are stiff from old gouty swellings, give Caust. morning and evening, and after these two doses, one every week for about four or five weeks.

### ACUTE RHEUMATISM.

The pains in the joints called acute rheumatism, are to be treated in the same manner; give Acon. several times, and afterward Arn. or Bry., sometimes Puls., according to the symptoms above mentioned. When the complaint becomes more violent, it is often necessary to give Hep., and if twenty-four hours produce no change, Lach., which, as often as the disease is worse, is given by itself, or alternately with the former; Merc. viv. is also useful; (see under "Rheumatism"); likewise Bell. Bleeding for this complaint has no effect but to protract the disease; but if it has already been resorted to, and, of course, without any favorable results, give first Chin., and afterward, if the symptoms are worse, the beforementioned remedies.

### RHEUMATISM.

The affection called Rheumatism, is generally caused by taking cold, and should be treated according to the directions given for affections of the head, eyes, ears and teeth; when the pain is in the limbs, select among the following: Cham. when worse during the night, or better when sitting up or by turning frequently; when the limbs feel as if lamed and can scarcely be moved; when the pain at times passes into the head, the ears and the teeth; generally the patient is desirous of lying down constantly — is chilly, cannot sleep well, and feels very tired and bruised when he awakes; when the case resembles the last mentioned, but is worse in the afternoon and evening, give Puls., and compare what has been said of this remedy under "Gout"; when the pain is partic-

ularly in the breast, the shoulders, the back and the small of the back, give *Nux vom.*

*Merc. viv.* when there is a drawing, stinging, burning pain, worse after midnight and toward morning — aggravated by cold, damp air and by warm beds; when the painful parts are swollen; when the joints are most affected, with an occasional throbbing; or the disease appears to be in the bones, and from them passes into the fleshy parts; when the patient has already taken calomel, and *Merc. viv.* does not soon afford relief, give *Lach.*, but if there is an improvement after *Merc. viv.*, give it again at the next attack; when the pains are more in the flesh than in the bones, and extend lengthwise; when they are not in the joints, but worse at every motion, and are accompanied by coldness of the limbs, give *Bry.*

### CHRONIC RHEUMATISM.

Chronic rheumatism must be treated by a homœopathic physician; but if none is near, give *Sulph.* once a week; it may do much good, but do not repeat it whilst there is any improvement; later, *Caust.* in the same manner, always two doses, one in the evening and the other the following morning, after which wait from 7 to 14 days; the latter remedy is particularly useful when the limbs are stiff.

### PAINS IN THE SMALL OF THE BACK.

Always be governed by the causes. When arising from strong drinks, costiveness, too sedentary a life, or cold feet, give *Nux vom.*; when from falling or over lifting, give *Arn.* or *Rhus.* Refer to the remedies under "Piles."

### CRAMP IN THE LIMBS.

Cramp in the calves of the legs, the soles of the feet, and other parts, frequently disturbs the patient in his sleep; sometimes it is troublesome during the day. The best remedy is to press the part firmly against the bedstead, or the wall, or to press and squeeze it with the hands. The best preventive



is Verat.; take it in the evening or at night, and 12 or 24 hours after, take it once more. If it does not suffice, take Sulph. or Coloc. When the cramp comes on while the patient is sitting, take Rhus.

### CRAMPS OR SPASMS OF THE WHOLE BODY.

Cramps or spasms of the whole body, or in different parts of the body, are so different in their nature that it is impossible to give here directions for curing them all effectually; a homœopathic physician should be consulted. I mention here only what should be done at once. When the cause, which habitually produces, or which has cramps or spasms produced the first attack, is known, give the remedy suitable for this cause. Op. not only answers when the complaint arises from fright, but also after the mind has been deeply wounded by harsh and unkind treatment. The chief remedy for the different kinds of this disease is Ign. When the patient perceives that the attack is coming on, he may sometimes obviate it by smelling camphor; at times this even answers during the paroxysm. All salves, strong scents &c. must be dispensed with, they only weaken and irritate the patient. During the first violence of the paroxysms nothing should be done, not even homœopathic remedies, resorted to until it subsides or has passed off. To bleed patients afflicted in this manner is truly culpable; in almost every case it renders them totally incurable, for the sickness which probably would have gone off of its own accord, and might have never returned, is certain to reappear now, and to become worse and more obstinate at every new paroxysm; no disease of this kind has ever been cured by bleeding; not a single danger has ever been obviated by it.

### NIGHTMARE.

This complaint is sometimes so frequent and so weakening, that medical treatment becomes necessary.

In the first place, eat little in the evening, take light food, do not drink wine, beer, or coffee, at most a cup of weak black tea, or, better still, milk or soup. A good remedy is washing in cold water every evening; in the summer it is best done in the open air at the hydrant or fountain; in winter, by rubbing the face, neck, the back of the head, the throat, shoulders, breast and abdomen with a wet cloth; afterwards drink a glass of cold water before going to bed; those who cannot bear cold water may take water and sugar. Although it should not cure the complaint, continue this treatment, and take the following remedies:

When caused by spirituous liquors, strong beer, too high living, too much confinement, take *Nux vom.* in the evening before going to bed.

To children and women, when the complaint is accompanied by much heat, thirst, palpitation of the heart, determination of the blood to the head or chest, oppressed breathing, nervousness, uneasiness, and other symptoms of the same kind, give in the morning and evening *Acon.*, until it ceases. It is also very good to take *Acon.* immediately after the attack, particularly when the patient feels hot and feverish.

When the paroxysm is very violent, the patient lying with his eyes half closed, snoring, the mouth wide open, and there is a rattling in the throat, the breathing irregular, the face much perturbed and covered with a cold perspiration, the extremities convulsed, give *Op.*, and repeat it as often as it is necessary.

If the attack returns, notwithstanding, give *Sulph.* every morning until it ceases; after having given it seven mornings, discontinue for a week or two; if after some time there is a recurrence of the affection, give *Silic.* two mornings successively.

### SLEEPLESSNESS.

In most cases sleeplessness may be attributed to the manner of living. Some persons can not eat any thing in the

evening, or but little, without suffering a loss of sleep. Others only sleep soundly by eating before going to bed. Exercise in the open air is always the best preventive, but it must not be taken too late in the evening, or it will have an effect contrary to the one desired. When exciting, agreeable events are the cause, take *Coff.*; when terrible or frightful ones, *Op.*; when agitating ones, *Acon.*; when the events are tormenting and cause dejection, *Ign.*, &c., always select the remedy according to the cause.

The most common causes of sleeplessness are coffee and tea, for which see the remedies. When a surfeit is the cause, give *Puls.*; when reading or singing causes wakefulness *Nux vom.*; when abdominal complaints and flatulency, *Cham.* When various figures and visions appear before the eyes of the patient, and prevent him from sleeping, take *Op.*, and if this does not soon prove efficacious, take *Bell.* Children are generally benefited by *Coff.*; old people by *Op.* Sleeplessness is frequently occasioned by some disease, to which refer under its respective head, for the necessary remedies, or consult a homœopathic physician.

### INTERMITTENT FEVERS.

In certain situations, and in certain seasons, intermittent fevers are very common; in countries where much wet land has been drained, they prevail during a dry season in the spring and in the fall. Such places should be quitted during the sickly seasons. Those who are obliged to remain and stand the exposure should pay particular attention to the situation of their bed-room which should be very dry, and be closed early in the evening; and in the middle of the day aired for a couple of hours; the head of the bed must be turned to the south, if possible, and be kept from the wall.

Persons who sleep in damp houses or on the lower floor of houses badly situated, are advised to try the following experiment. Place on the bed-stead under the straw mattress, or

if you sleep on the floor, place between boards a layer of very small stone coal, in the former case, six, in the latter twelve inches thick, and lay your bed on it. Silk, or old silk dresses placed between the sheets, or the wearing of a silk shirt, may be recommended. Persons who work much in the open air in places where fevers prevail, may wear as a preventive a small bag containing bark, upon the pit of the stomach, next to the skin.

Persons who have had the fever, and wish to prevent its return, should put powdered Sulph. in their stockings. Particular attention should be paid to the manner of living; eat nothing that lies heavy on the stomach; avoid pastry, things baked or roasted with fat, and all kinds of badly dressed food; eat well cooked, meat and vegetables, or meat which has been slowly and properly stewed in a closed vessel, with much gravy without any spices, except salt. Whilst the fever prevails, pies are poison.

Raw ham, with black pepper, is more wholesome than when it has been rendered indigestible by being overdone by frying. Every thing acid and fat should be avoided at such times; acids are good in the heat of summer; fat may be used in the cold of winter. Persons who are suffering with the fever or just recovering, or who have been subject to it, should be very cautious in their mode of living.

During the cold stage let the patient be well covered, but not too warmly, for it is of no use; take care that the blankets are thoroughly dry; if you have a silk coverlet, wrap it around the feet and the abdomen, if the patient finds it agreeable. During the hot stage, it may be removed again, when linen makes a better covering. Frequent wiping with a warm wet cloth gives much relief. During the perspiration do not cover the patient too warmly, neither let him be entirely uncovered. After the sweating stage, it is better to change the linen and the bed. The linen should be well aired and warmed, which is best done by a healthy person rubbing



it with his hands, until all the smell of soap is gone; in fact, this should be done with all linen intended for the sick. Those who have not a sufficiency of linen, will do well to lie naked between blankets during the stage of perspiration, and to put on the shirt when this is over.

If the patient complains of thirst, give him as much cold water as he wishes, if good spring water can be had; if the water is bad, give toast and water, or put some acid into it; it may be either warm or cold. If he prefers it warm during the cold stage, give him toast and water or mucilaginous drinks, such as boiled oatmeal, hulled barley or grits. When the patient vomits much and feels very weak, give him coffee without milk. During the hot stage cold water is the best; but if the patient is very ill and craves acids, give lemonade made with vegetable acids, lemons, citrons or other fruit, but not too much, and no lemonade made with acids manufactured by the apothecaries. During the stage of perspiration nothing but cold water.

Intermittent fevers appear more troublesome in the beginning than afterwards, but then they act more violently internally without the patient's perceiving it; at length however the symptoms make their appearance, the patient feels as if swollen, there is a hardness in the abdomen under the ribs, mostly on the left side. In the first period, when there are many symptoms during the intervals, it is very injurious to suppress the fever with quinine; only in cases of the utmost necessity should this be resorted to. Here homœopathic treatment is the best, and the disease can generally be cured by it at once. During the second period, when the fever has become more confirmed and nothing of it is felt during the intervals, it is more difficult to cure, and when the homœopathic medicine does not suffice, recourse may be had to quinine to check the fever, yet sometimes it will induce other diseases. In the last period, when the spleen or liver is much swollen, beware of bark or quinine, in most cases it hastens

dropsy and other attendant diseases. Even homœopathic treatment can during this period effect but a slow and gradual improvement, and it is best to consult a homœopathic physician.

Homœopathy has many medicines for the cure of this disease, but we can here only mention the principal ones, by which the fever may often be speedily cured, particularly in the beginning, and without any risk, and by which those may obtain relief who have already injured themselves by using bark and quinine, or even arsenic, which is contained in Fowler's Tincture, and in many other patent medicines.

Persons living near marshy places or near canals, or where much land has been cleared and drained, and where fevers prevail, should immediately on feeling unwell, take Chin., and twelve hours after, if they are not better, a second dose, paying particular attention to diet and the situation of the bed-room. If there is no improvement within twenty-four hours, take Ipec., and in twelve hours again Chin.; in twenty-four hours again Ipec., continuing thus alternately until relieved. Should the fever come on notwithstanding, treat it like other fevers.

In all fevers particular attention must be paid to the symptoms, how the cold, the hot, and the sweating stages succeed each other, when the patient is thirsty, and how he feels between the paroxysms. According to these symptoms the remedy must be selected; If you cannot decide which medicine to give, administer first a few globules of Ipec., and repeat it every three or four hours till the following day, in such a manner that the last dose is given a couple of hours before the expiration of the twenty-four hours since the last attack. If no fever makes its appearance on this day, take nothing; but as it may be a tertian fever, take the following day a couple of hours before the time when the fever is expected to return, the same dose. If it returns notwithstanding, it is generally of some particular type and it is easier to

select a remedy; one of the following generally answers: Ign., Nux vom., Chin., Arn., Cocc. or Cin., Carb. veg., Ars. If you cannot determine upon either, give Ipec. once more as before. If it returns a third time, select another remedy; sometimes one of those mentioned will answer. After a fourth attack, select a remedy with the utmost care. When the symptoms of the first attack are similar to those mentioned under one of the remedies, it is preferable to select one immediately. Only when you cannot decide which to take, give Ipec., as is directed above; after each new attack compare the symptoms again with those of the remedies, and only when none suits, give Ipec. again. If you select one of the undermentioned remedies, *give it first, after the attack, and secondly, a couple of hours previous to the time when the attack is expected.*

In case of a relapse, first give a remedy for the cause of the relapse, and then again the remedy which prevented the return of the fever before; if this does not answer, select another.

When the disease has already been badly treated, by bark or quinine, or antimony, or arsenic, it is difficult to cure it; the remedy most likely to do so, is Puls.; afterwards give Lach., and then Puls. again. Sometimes Bell. or Ferr., to which refer. Compare also what has been said of the Antidotes to "Poisons." Badly treated intermittent fevers have been cured by Arn., Ars., Calc. carb., Caps., Carb. veg., Cin., Ipec., Merc. viv., Natr. mur., Sulph., Verat. and other medicines.

When the fever returns after a twelve-months' interval, a very common occurrence, give first Lach., and after this Carb. veg. or Ars., whichever seems to answer best.

In quotidian fevers, that is, such as return every day without any alterations, particular attention must be paid to the seventh and fourteenth day after the last attack; if any symptoms then appear, give again immediately the remedy which

arrested the fever. In tertian fevers (such as come on every second day) pay the same attention to the fourteenth and twenty-eighth day after the last attack. In quartan fevers (such as leave two days free) attend to the twenty-first and forty-second day. The patient should strictly follow the rules of diet laid down above, until these days are passed; he may live well and eat meat, but only avoid what we have forbidden, and what is generally forbidden during homœopathic treatment. This rule is of the more importance, as the non-recurrence of the fever is no indication that the disease is overcome; it may continue to act internally for a considerable time after, and be aggravated again by the most trifling causes.

Besides Chin., Ipec. and Nux vom., the following medicines have proved most efficacious in the fevers which have come under my notice in this country during the last few years: Ars., Carb. veg., Natr. mur. and Ant. crud. In warm climates and during the heat of summer, Bry., Carb. veg., Arn. and Lach. generally answer best. In the spring, Bell., Natr. mur. and Verat. generally suit best after Lach. and Carb. veg., but the selection should not be made from this statement, it may only determine us when we hesitate in deciding between two medicines.

In quotidian, tertian and quartan fevers, Chin., Ign., Nux vom., Puls., Ars., Carb. veg. and Natr. mur. have been given. In quotidian and tertian spring and summer fevers, besides these Bell., Calc., Caps., Cin., Ipec., Sulph., and Verat. In tertian, besides those mentioned, Bry., Ant. crud., Arn., and Staph. But whatever may be the period of the fever, the remedies will prove efficacious if the symptoms agree exactly.

Ipec. When preceded by great inward chills, when the cold stage is worse when the patient is in a warm room; (vide Nux vom.) when the chills are attended with little or no thirst, but the hot stages with much; sickness of the stomach and vomiting before (vide Cin.), during or between the paroxysms,



the tongue being clean or not much furred, with oppression of the chest before or during the fever (*vide* Ars).

**Ars.** When chills and heat occur at the same time, (compare with *Nux vom.*, *Puls.* and *Acon.*) or when they change frequently (*vide* *Chin.*, *Verat.*, *Nux vom.*, *Merc. viv.*, *Calc.*), or external heat and internal chills (*vide* *Ign.*, *Nux vom.* and *Lach.*), and when reserved, *Verat.*, and *Calc.* when there is no perspiration or not until the heat has subsided for some time. When during the fever other complaints appear, or are aggravated by it; when the patient becomes exceedingly weak (compare with *Chin.*), or when it is attended by giddiness, sickness of the stomach, violent pains in the stomach, trembling uneasiness about the heart, lameness or insufferable pains in the limbs. During the cold stage the patient is cross; flushed upon moving or speaking; there are especially spasms and oppression of the chest (*vide* *Ipec.*); pains in the whole body, inclination to vomit, a bitter taste in the mouth, headache. During the last stage an uneasy and oppressive sensation in the forehead; during the sweating stage, buzzing in the ears; after the fever, headache.

**Chin.** Before the fever nausea or thirst, voracious appetite. headache, perturbation, palpitation of the heart, sneezing or other symptoms; thirst, commonly between the cold and warm stages, or after the hot stage, or during the perspiration and in the whole of the interval; chills alternating with heat (compare with *Ars.*); or if the heat does not come on until the chills have ceased for some time; great weakness with the fever, and afterwards (*vide* *Ars.*) uneasy sleep during the night; the face yellow (*vide* *Lach.*).

**Ferr.** The symptoms resembling the preceding, but with determination of blood toward the head, swelling of the veins and around the eyes, pressure in the stomach and abdomen, even after eating but little; vomiting of food, tension in the belly, which causes shortness of breath. At the same time much weakness as from lameness, a hardness and fulness

in the left or right side of the abdomen (compare Lach.), incipient dropsy, swelling of the feet.

Arn. The cold stage generally comes on early in the morning or in the forenoon; more thirst before the chills, drawing and pain in all the bones preceding the fever; the patient feels uncomfortable in every position, which has to be constantly changed, at the same time great indifference or stupor; perspiration and breath offensive.

Verat., with external coldness, cold perspiration, dark urine, or at the same time internal heat (see Calc.). Or chills alone, chills with thirst, nausea; chills and heat alternately (vide Ars. and Chin.). With giddiness, constipation of the bowels (vide Nux vom., Staph., Cocc., Bell.). Or vomiting and diarrhœa during the heat, or commencing during the cold stage.

Samb. when the perspiration is very profuse, and continues during the interval until the next paroxysm, whilst the remainder of the symptoms are like those described under Ipec., Chin., &c., to Verat.

Ant. crud. for a tongue very much furred, a bitter and sick taste, eructation, loathing, sickness of the stomach, vomiting, when attended with little or no thirst (vide Puls.), with constipation or diarrhœa.

Bry. the same symptoms as the preceding, but much thirst (vide Cham.), or heat before the chills, in the cold stage red cheeks, yawning, and stitches in the side during the heat; more coldness and chills than heat, with constipation or with diarrhœa.

Cin. with vomiting and voracious appetite before, during or after the fever, thirst only either during the hot or during the cold stage, a pale face during the cold and hot stage, constant rubbing of the nose.

Ign. when there is only thirst during the cold and not during the hot stage (vide Carb. veg.), when the heat of the stove or any kind of warmth mitigates the chilliness (the contrary is the case with Ipec. and Nux vom.), the heat is

only external, or confined to particular places, whilst other parts are cold or shivering; for instance, during the heat cold feet; or pains in the bowels, during the chills, then heat, with weakness and sleep.

*Rhus.* Some parts feel cold, others hot (*vide Ign.*), or there is heat before and after the chills; fever every day, but of a different character every other day, usually in the evening, and during the night; after midnight or towards morning perspiration; the fever accompanied by a rash, pain in the bowels with diarrhœa, pressure in the pit of the stomach, palpitation of the heart producing a state of anxiety.

*Nux vom.* Great lameness and want of strength at the commencement of the fever (*vide Chin. and Ars.*), then chills and heat alternately, or heat before the chills, or external heat with the chills, or reversed; the patient wishing to be covered not only during the cold, but also during the hot and the sweating stages, because he feels cold otherwise; the warmth of the stove or any other kind of external heat affording no relief; during the cold stage stitches in the side (*vide Bry.*), and in the abdomen, with giddiness and perturbation (*vide Ars.*).

*Cham.* Furred tongue (*vide Ant. and Bry.*), white or yellow, loathing, vomiting, which is mostly bitter; much thirst even during the perspiration, with pressure about the heart, pain in the right groin, great fretfulness, more heat and perspiration than chills, commonly attended by diarrhœa and thin evacuations.

*Puls.* Complaints of the stomach (similar to *Ant. crud.*, *Bry.*, *Cham.*), bitter taste, vomiting of phlegm, bile, particularly sour; no thirst, at most during the heat; chills, heat and thirst at the same time, generally worse in the afternoon and evening, with diarrhœa; during the intervals the patient feels very chilly. It answers particularly when a disordered stomach has caused a relapse, or after *Lach.*

**Caps.** Chills and thirst (*vide* Ign., Carb. veg.), which do not come with the heat, or thirst during the whole of the fever; the chills are heavy, and with the heat burning internally or externally; troublesome phlegm in the mouth, throat and stomach; slimy, burning diarrhoea; a great aversion to all noise.

**Cof.** Very sensitive, great excitement though the fever is but slight; or there is only heat and thirst, with a flushed face, liveliness; afterwards general perspiration, with continual thirst, thin evacuations or diarrhoea.

**Cocc.** Great excitement or different kinds of spasms, particularly in the stomach during the paroxysms, with obstinate constipation.

**Staph.** Constipation and loss of appetite, with a putrid taste in the mouth, and bleeding gums.

**Natr. mur.** Bad headache, with the chills, or still worse with the heat; chills lasting a good while; during the hot stage the patient seems almost unconscious, the eyes become dim, sight impaired even during the intervals; eruption on the lips after several attacks, without the fever's ceasing entirely; (for the latter, Ign. and Ars. are also suitable.)

**Lach.** The chills occur frequently after dinner, or at least in the afternoon, accompanied by pain in the limbs and in the small of the back, so that the patient can scarcely lie down, and throws himself about, or with oppression on the chest, sometimes with convulsive sensations; during the hot stage a bad headache, with great inclination to talk and the face red; or with external heat, internal chills, the face of an ashy, yellowish color, which continues during the intervals; particularly when acids, salads, vinegar and the like have brought on a relapse; or when the disease has frequently been checked by bark, but has returned, in which case Puls. may be given afterwards; Puls. frequently suits in fevers in the spring and beginning of summer.



**Bell.** when the chills are moderate, and the heat violent, or when the case is reversed; when the heat comes after the chills, or several paroxysms come on the same day; when there is no thirst whatever, or when it is very violent, with great sensitiveness and inclination to weep; constipation, or the evacuation insufficient, and not often enough, sometimes with violent headache, with heat or stupor.

**Hyosc.** Resembling the former, but there is a dry cough during the night, which disturbs the patient in his sleep.

**Hep.** when accompanied by a cold in the head, cough, or complaints of the chest (before or after, frequently *Bell.* suits), or first a bitter taste, then chills and thirst, then heat and sleep.

**Merc. viv.** Cold and heat alternately; during the hot stages agitation and thirst; profuse, offensive, sour perspiration, with palpitation of the heart.

**Sulph.** Every evening chills; during the night heat, and in the morning perspiration; fever with palpitation of the heart; fever following the suppression of the itch.

**Calc.** when chills and heat alternate (frequently after *Sulph.*), external chills and internal heat (vide *Verat.*); the face hot and the body cold; first heat in the face, then chills; during the fever giddiness, heaviness in the head and limbs; stretching, twisting, tearing, pains in the small of the back, uneasiness.

**Carb. veg.** before or during the fever pain in the teeth and in the extremities; thirst only during the chills, not during the heat (vide *Ign.*, *Caps.*), during the heat giddiness, sickness of the stomach, a red face.

**Acon.** chills and then heat, both being very violent; the heat more in the face, or in the head, with agitation; or chills and heat at the same time, the former outward, the latter inward, or in the face; when the heat is accompanied by stitches in the side (vide *Bry.*).

**Op.** Sleep during the hot stage (vide *Natr. mur.*, *Ign.*, &c.), or during the cold stage; snoring with the mouth open, con-

vulsive motion in the limbs; during the perspiration a burning heat continually; this remedy is particularly useful for aged persons, sometimes for children. Sep. is also often indicated, when during the chills thirst predominates.

### JAUNDICE.

Of this complaint there are several species; sometimes it continues for a considerable time, without any danger; sometimes it is attended by fever, which in some cases is a good, in some a very dangerous sign, a point easily to be decided from the general state of the patient. Frequently the yellow color only arises from the use of mercury, quinine or rhubarb, for which the antidotes must be taken. When caused by anger, give Cham. But when the patient is of so irritable a disposition that these symptoms manifest themselves upon every occasion, he must take other medicines, which are to be selected according to the other symptoms; the most important are Sulph. and Lach.

Little children are subject to this complaint, but it is by no means dangerous! give Merc. viv., which is also a chief remedy for grown persons, when they have not taken too much mercury; if so, give first Chin., and then Merc. viv.; if it fails, Hep., and afterwards Merc. viv.; after these Sulph. and Lach. are best. In some cases Ipec. is efficacious repeated every 3 or 4 hours.

### CHOLERA.

In sudden attacks, and in the beginning of the disease, camphor shaken in water, or dissolved in spirit of wine, (a remedy discovered by Hahnemann, and first made known to the world by him) is the principal medicine; it has since become the popular remedy in all countries, and has already saved hundreds of thousands from the grave. Only do not imagine that the quantity will accelerate the cure, nor expect that the disease must cease immediately, neither take it for

every trifling diarrhœa, as the camphor might produce an artificial cholera, of which I have seen many instances in Philadelphia, and in which it was only necessary to give coffee without milk as an antidote for the camphor.

For slight attacks of cholera, give Ipec., and repeat the dose after a couple of hours, if necessary; if the coldness, vomiting, and diarrhœa increase, if cramps in the calves of the legs, and in other parts of the body make their appearance, Verat. is the principal remedy, and must be given as often as the cramp increases. If the cramps convulse the limbs, give Cupr., to be repeated in the same manner; in dangerous cases it may be given every five or ten minutes. For violent affections of the heart, if the patient is uneasy, tosses about without finding a comfortable position, with an insatiable thirst, give Ars.

If the patient does not improve, and the tongue is clammy, give Phosph. acid., in frequent doses; if the breath becomes cold, give Carb. veg. When the vomiting and cold have abated, but the patient is still very ill, lies stupefied, or seems confused, his face being red, give Hyosc. every half hour; if this does not produce a change, and the drowsiness continues, give Op., and when that does not suffice, Lach. as often as the symptoms are worse.

If in the beginning the remedies do not produce an immediate effect, give Tobac. If this also fail, give Sulph. and then resume the other remedies in ten or fifteen minutes after — the dose in this complaint is from six to ten globules, sometimes more.

### FAINTING.

When fainting occurs, it generally produces such alarm in those present, that all kinds of experiments, useless, disagreeable even injurious are resorted to. If too large doses of spirits of hartshorn are administered the consequences may be fatal. Remember the first thing to be avoided in all such

cases is hurry. Loosen every thing tight about the neck, chest and abdomen, place the patient in a comfortable situation, and remove all objects which, when consciousness returns, might make a disagreeable impression. Sprinkle some fresh spring or hydrant water from a feather gently into his face, apply a little water to the neck, the back part of the head, and to the pit of the stomach. If this does not produce any effect, and if the patient becomes cold, let him smell of spirits of camphor.

When the cause is known, the remedy may be selected accordingly; for instance, if arising from fright, Coloc., Op. and Acon.; from the loss of blood or other weakening causes, Chin.; in such cases wine, too, is very good, but give only a drop at a time; from violent emotion, Ign. or Cham. When the slightest pain produces fainting, give Hep., when very violent pain, Acon., sometimes Cocc. or Cham.; when the pain preceding the fainting has almost driven the patient to distraction, give Verat., the same remedy will answer when debility and fainting are produced by the least exercise; when it occurs in the morning, Nux vom. is frequently of service, particularly with those who have been immoderate in the use of ardent spirits, or with those who have injured themselves by severe mental application; Carb. veg., in cases where too much mercury has been taken; — when it comes on after dinner, Nux vom. generally removes it, and if it does not, give Phosph. acid., when preceded by giddiness, give Cham. or Hep.

These remedies should not be administered more than twice — the second time from five to ten minutes after the first; if no improvement takes place after the second time, select another medicine. When the relief is only temporary, repeat the dose as soon as the patient becomes worse again. When vomiting occurs after recovery from fainting, do not interfere with it at all; when the patient falls asleep after it, do not disturb him; rest will refresh him.



## SOMNOLENCY, LETHARGY, &amp;c.

In cases of somnolency, lethargy, or similar affections in which consciousness is lost, and the patient lies in a deep sleep, frequently snores and cannot be awakened, many an ignorant practitioner pulls out his lancet to bleed the patient, and the chances of life and death are about equal. Examine the eyes of the patient; if the pupils are very small, or if one is small and the other large, do not bleed. But if the pupils are both large, or the one much dilated, and the other of the usual size, bleeding may be resorted to, provided there is no skillful homœopathic physician at hand, who would probably relieve the patient by administering internal remedies only.

When the pulse is slow, full, the face red or pale, give Op.; let the patient smell it, and put a few globules upon the tongue — if this does not give relief, prepare an injection of a pint of water, in which a few globules have been dissolved — when the pulse is very weak, give Lach. in the same manner.

In other respects be guided by the cause, and particularly by the symptoms, which precede this state. When it is preceded by nausea or inclination to vomit, or when retching commences as consciousness returns, give a teaspoonful of a weak solution of tartar emetic, a grain dissolved in a glass of water; give an injection of it, also, if necessary. Of the other remedies, the following may be selected according to the symptoms: Acon., Verat., Puls., Phosph. acid., Nux vom., Ars., Ant. crud., Hyosc.

## APPARENT DEATH.

In regard to instances of apparent death the same error is usually committed as in cases of fainting. Either too much is done, or too many things are tried at once as in cases of poisoning, or nothing is done. There may be the appearance of death, especially after some violent external injury when the functions of life are only suspended. But the appearance

may become the reality, by being taken for it too soon. There are many cases where sudden death is not a mere suspension of animation; and others, particularly of females who are pregnant, or in childbed, where apparent death is very common. We know of but one sure sign of death, that is, when internal dissolution has proceeded so far as to become perceptible externally. Whenever there is the least uncertainty, and in all cases, where animation has been suddenly suspended, and putrefaction does not commence as suddenly, nothing at least ought to be done that may cause actual death, and the interment should be postponed until the third day; on the third day changes always appear on the body, which are decisive, if at the end of this period no marks of decay can be perceived, all further proceedings should be arrested until they make their appearance, though a week should elapse. In all cases where animation has been suspended by external violence, the body should be treated with the greatest care; when this is done, and when to this care the requisite knowledge is added, restoration becomes possible.

#### 1. APPARENT DEATH FROM HUNGER.

In cases where animation has been suspended from want of sustenance, give repeatedly small injections of warm milk; when the patient begins to breathe, give milk, drop by drop, afterwards a teaspoonful at a time, and gradually more; when he begins to ask for food give him some spoonfuls of toast and water, and then some clear broth, after this a few drops of wine. When a sound, healthy sleep has succeeded, and not until then, commence to give him solid food — the patient may eat often, but only little at a time — after several days he may return to his usual diet. Eating too much and too quick, endangers life.

#### 2. APPARENT DEATH AFTER A FALL.

Place the sufferer carefully on a bed, with his head high, in a place where he may remain quiet, put a few globules of

Arn. dissolved in water on his tongue, and wait quietly until the physician comes to see if there are any fractures, and whether there are still signs of life. A vein may be opened, but blood must not be let in any large quantity, as is commonly the case; for a person who is restored to life by bleeding would probably have recovered without it — although in some cases bleeding may accelerate restoration.

If bleeding proves unsuccessful, or if there is a reluctance to resort to bleeding, give Arn., again, and also in injections. When the patient recovers after being bled, first give Chin., and afterwards Arn., to promote the recovery. When the patient has lost much blood from wounds, bleeding is madness; give Chin., and a little wine, a drop at a time, afterwards Arn.

### 3. APPARENT DEATH FROM CHOKING, HANGING, SUFFOCATION BY BURTHENS AND PRESSURE.

Remove all tight clothing, place the patient in a proper position, the head and neck rather high, the neck being quite easy, neither bent forward nor upward, as is frequently the case when the head alone is too much elevated. Then commence rubbing gently but steadily, with warm cloths, give immediately an injection of Op., ten to twenty globules dissolved in half a pint of water, well stirred up, and given at once, but gradually. This may be repeated every quarter of an hour, whilst the limbs are being rubbed, principally on the inside. From time to time hold a looking-glass before the mouth and nose, to see whether the breath dims it or not; open the eyes to see whether the pupils begin to move at all. Put warm cloths, hot stones wrapped in cloths to the feet, between the thighs, to the neck, the sides, and under the shoulders. If an hour or two produce no change, take a bitter almond, pound it fine, and mix it in a pint of water; put a little of it into the mouth, two or three drops on the tongue or into the nose, and give the rest in small injections.

If the injection does not remain, take a longer pipe, and press the anus together, and after withdrawing the syringe, keep the thumb upon it for five or ten minutes, and try whether the injection will remain. The treatment of persons who seem to be suffocated by noxious vapors, is mentioned under "Poisoning", page 76. Fresh air and cold water are the principal remedies and bleeding should be regarded as Homicide. Op. or Acon. frequently answers for the complaints which appear after life has been restored.

#### 4. APPARENT DEATH FROM DROWNING.

A drowned person should be immediately undressed, the mouth and throat be cleaned, the upper part of the body and head be bent forward for half a minute, that the water, if possible, may run out, then lay the sufferer on a warm bed, wrapped in warm blankets or in warm sand or ashes; in summer, place the patient, wrapped in a blanket, if possible, in the sun, with his face turned toward it, the head slightly covered; then give injections, and commence rubbing the limbs with warm cloths, and continue this for hours. Bleeding is folly. If the rubbing and injections produce no effect, put a few globules of Lach. upon the tongue, and use the same in injections, and continue rubbing for a couple of hours more. Persons after having been under water half a day have been restored to life by continued and unwearied exertions.

#### 5. APPARENT DEATH FROM FREEZING.

Where animation has been suspended by freezing, it may be restored, in some cases even when it has ceased for several days. Great care should be taken in moving persons in this condition, so that no part of the body may be injured. Let them be taken from the open air under cover, but consider that even a very moderate heat may kill them; a cold room, or a barn where there is not the least draught, is the best place. Cover them entirely with snow, face and all, leaving



merely the mouth and the nostrils free, in such a manner that every part of the body is at least covered with several inches of it. Place them in so that the melted snow may run off easily, and be replaced by fresh. When there is no snow, put them into a cold bath, the temperature of which has been reduced by ice. When ice attaches itself to the body or to the clothes, remove it. In this manner thaw the body until every part becomes perfectly pliable, then undress them by degrees, and, if necessary, cut the clothes from the body. As the limbs become soft and pliable, commence rubbing them with snow, and continue it until they become red, when you may leave off and finish undressing. Place the patient on a dry bed, and rub him with cold woolen or flannel cloths, stockings, old pieces of felt, &c. If signs of returning life do not soon manifest themselves under this treatment, take a small piece of camphor, or some spirits of camphor, shake it in water, and give a small injection of it; repeat this every quarter of an hour. If the patient begins to revive during the friction, or after taking the camphor, and gives symptoms of returning animation, administer small injections of lukewarm coffee, without milk — and, as soon as he can swallow, give him some coffee a teaspoonful at a time.

As the signs of life increase, remove every thing wet, and rub the whole body until dry, but not so much as to produce any heat. The patient must recover his natural warmth in the bed, and no other external heat must be applied.

It frequently takes hours to restore life, but we ought not to be sparing of labor. For the violent pains which are felt after the sufferer has revived, give Carb. veg. as often as necessary; if this proves unavailing, give Ars. If heat or stinging pains are felt in the head, a few doses of Acon. will be of service. If the patient craves wine or brandy, give him a few drops at a time, and only as long as the craving continues.

A person, who has recovered from freezing, must avoid the heat of the stove and of the fire for a long time, as it might

occasion diseases of the bones, which sometimes do not manifest themselves until the ensuing summer.

#### 6. APPARENT DEATH FROM LIGHTNING.

Persons struck by lightning should be placed in newly dug earth, and should be covered with it, so that only the face is free. The position should be half sitting, half lying with the faces turned toward the sun. As soon as the eyes begin to move, shade the face. Put a few globules of *Nux vom.* on the tongue, and if in half an hour, there are no symptoms of life give the same again. A quarter of an hour after that, rub a little *Nux vom.* with water on the neck; after another quarter of an hour uncover the loins and give an injection of half a pint of water, in which from ten to twenty globules of *Nux vom.* have been dissolved, introduce some cotton into the anus that it may be retained, cover the patient again with earth, and let him lie in that condition until he begins to breathe again; then uncover the chest and bring him in a light, sunny room. For the attendant complaints give *Nux vom.* and *Sulph.*

Apparent death occasioned by violent emotion has been treated with effect by *Cham.* When caused by acute feelings of mortification give *Ign.*, by fright or excessive vexation, *Acon.* Apparent death caused by disappointed love and preceded by severe pain in the heart has been successfully treated by *Lach.*

#### TETANUS.

The patient is either quite stiff — no motion in the limbs or muscles seeming possible — or what is more frequently the case, the limbs are bent backwards, sometimes to such a degree that the back of the head touches the heels; when the symptoms are of the first mentioned character, *Bell.*, *Lach.*, *Hyosc.*, *Op.*, *Ign.*, and *Natr. mur.* are useful; when of the second, *Op.*, *Rhus* and *Bell.*; in the latter case, *Rhus* and

Ign. alternately. Lach. will prevent the attack, and Natr. mur. is the best medicine when caused by violent or continued vexation; Op. and Hyosc. in cases from external injuries; the others according to the symptoms. But as this disease is very dangerous, a physician should be sent for as soon as possible. Our remarks are only for those who live in remote places, where no physician can be procured.

#### APOPLEXY.

The harbingers of this disease, such as heaviness, dimness before the eyes, buzzing in the ears, hardness of hearing, great inclination to sleep, with disturbing dreams, &c., are generally felt before the real attack comes on, and may in this stage be prevented by the proper medicines, such as Ign., Puls., Lach. and Nux vom., according to the predominant causes and symptoms; but when the real disease manifests itself, it is difficult to be cured, and therefore a physician ought to be called in time; but those who have not this advantage, may try Nux vom. for a passionate temperament, when the head pains most on the right side, and Lach. for a melancholy temperament, when the pain appears most on the left side; for aged persons Op. is better. Many cases have been cured by Ign. and Bell.

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Medicine Chests of different sizes for Physicians, with Tinctures and Triturations, Dilutions, or medicated Pellets. Also constantly on hand, Family Medicine Chests to suit Hering's Domestic Physician; Laurie's Homœopathic Domestic Medicine; Epps' Domestic Homœopathy; Newman's Homœopathic Family Assistant; and the Family Guide. Also Refined Sugar of Milk, Alcohol, Vials of different sizes, Corks, Labels, homœopathic Chocolate, pure Globules, Arnica plaster, homœopathic Toothpowder &c.



